

A helpful guide to growing independence!

Pre-teen Skills Checklist (ages 6-11)

Meal Prep & Clean-Up

- Dishes can be put into the dishwasher or put away with an adult nearby.
- The table can be set before meals and cleared afterward.
- Snacks can be chosen and prepared independently/with some support.

Getting Around the Community

- Riding a bike, rollerblades, or a scooter around the neighborhood.
- Plans can be made with a parent/guardian for rides to friends' homes or local places.
- Public transportation can be used with adult supervision.

Health & Wellness

- Medication routines can be followed with adult help.
- Medical concerns such as allergies maybe known.

Home Responsibilities

- Personal items can be cleaned up, and a room can be vacuumed or dusted.
- Groceries can be put away, green bin and recycling tasks can be helped with.
- School items and materials for after-school activities can be organized.

Shopping & Money

- A bank account may be owned.
- Shopping can be done with a parent/guardian.
- Items can be located on store shelves when shopping.

Safety & Emergencies

- Know where safe places and people to go to for help can be named.
- Basic safety around food, fire, and strangers can be understood.

Being Part of the Community

- Time with friends and fun activities can be arranged with some assistance.
- After-school and community centre programs can be joined.
- Visits with nearby friends or relatives can occur regularly.

Early Youth Skills Checklist (ages 12-15)

Meal Prep & Clean-Up

- Begin to make simple hot or cold meals.
- Loads and unloads the dishwasher.
- Help make school lunches and/or prepare snacks.
- Begin to safely use kitchen appliances like the stove, oven, toaster, blender, microwave, and dishwasher.

Getting Around the Community

- Starts learning how to find their way around the neighborhood or community.
- Stays safe when crossing streets and following traffic rules.
- Can arrange rides to friends' houses, fun activities and programs.
- Can use public/accessible transit on their own/with someone.

Health & Wellness

- Begins exploring future adult doctors or healthcare providers.
- Goes to some medical appointments independently.
- Helps set up medical and dental appointments.
- Takes more responsibility for own medications.

Home Responsibilities

- Joins family conversations about where they might want to live when they're older.
- Cleans their own room and shared family spaces.
- May help care for younger siblings or babysit.
- Vacuums and dusts shared areas.
- Puts away own laundry.

Shopping & Money Skills

- May use a bank card to deposit or take out money.
- Buys things using cash or a bank card.
- May get an allowance or earn money from small jobs.
- Can buy their own items at a store.

Safety & Emergency Skills

- Might take a basic first aid class.
- Learns what to do in case of a fire or emergency.

Youth Skills Checklist (Ages 16–21)

Meal Preparation & Clean-Up

- Can make simple hot or cold meals.
- Put dishes in the dishwasher and put them away when clean.
- Safely use kitchen appliances like the stove, oven, toaster, blender, microwave, and dishwasher.

Getting Around the Community

- Work towards getting your driver's license.
- Use public and/or accessible transportation independently.

Health & Wellness

- Switch from a pediatric doctor to an adult healthcare provider as necessary.
- Keep track of your medications and potentially, take them on your own.
- Go into part of your medical appointments without a parent/guardian.
- Keep a record of your medical history.

Home Responsibilities

- Help with household chores.
- Learn about different housing options and about services like supported living or attendant care if you need them.
- Do simple home repairs (like changing a light bulb).

Clothing Care

- Do your own laundry.
- Fix small clothing issues (like sewing a button back on).

Shopping & Money Skills

- Practice making a budget and using a bank account.
- Buy things you need independently.

Safety & Emergency Skills

- Know how to use a fire extinguisher.
- Know what to do in a fire or other emergencies.

Being Part of the Community

- Make plans with friends for hangouts, sports, or other fun activities.
- Get involved in community programs that match your interests.
- Work part-time or volunteer in your community.

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