

## Everyday living skills checklist

**Checklist completed by:**

**Date:**

**Child's name and date of birth:**

Please describe which activities of daily living the child is having difficulty with in their daily routine :

This check list considers children and young people from 0 – 19 years old. Only provide information on the activities the child / young person is having difficulty with.

<b>Self- care activities</b>	Describe what you observe when the child / young person is completing the activities they are having difficulty with :
<ul style="list-style-type: none"> <li>• Dressing ( Following dressing routine, putting on clothing, tolerating wearing clothing, fastening buttons, zips, Velcro, shoelaces )</li> </ul>	
<ul style="list-style-type: none"> <li>• Participation in meal times ( sitting at table, using cutlery, eating a range of textures and food types)</li> </ul>	
<ul style="list-style-type: none"> <li>• Sleep ( bedtime routine, settling to sleep)</li> </ul>	
<ul style="list-style-type: none"> <li>• Toileting ( following toileting routine, tolerating sitting on the toilet, getting on and off the toilet, managing clothes, wiping self) personal hygiene</li> </ul>	
<ul style="list-style-type: none"> <li>• Bathing / showering ( following routine, getting in and out the bath shower, operating the bath / shower, managing clothing, tolerating washing / hair washing) washing self, personal hygiene</li> </ul>	

<ul style="list-style-type: none"> <li>Grooming activities (tolerating nail cutting, haircuts, hair brushing, brushing teeth, handling and managing hairbrushes, toothbrushes etc for grooming )</li> </ul>	
<p><b>Play /leisure</b></p> <ul style="list-style-type: none"> <li>Choosing and focussing on a range of play activities at home and school</li> <li>Using playground equipment, outdoor toys ( bikes, scooters, sand pit)</li> <li>Using , exploring and manipulating a range of toys / play activities ( painting, sticking, jigsaws, construction , lego)</li> </ul>	
<p><b>School tasks:</b></p>	
<ul style="list-style-type: none"> <li>using scissors</li> </ul>	
<ul style="list-style-type: none"> <li>Sitting at a class desk</li> <li>Sitting at the dining table</li> </ul>	
<ul style="list-style-type: none"> <li>writing</li> </ul>	
<ul style="list-style-type: none"> <li>participation in PE ( following the routine, carrying out PE activities )</li> </ul>	
<ul style="list-style-type: none"> <li>maintaining attention and participating in the class tasks (during teacher input, during an independent / group learning activity)</li> <li>organising self to complete class task</li> </ul>	
<ul style="list-style-type: none"> <li>Following school routines ( lunch hall, playtime, assembly, changing classes, school trips, managing to organise school bag and equipment needed for lessons/ beginning and end of day'. )</li> </ul>	
<p><b>Accessing environments</b></p>	

<ul style="list-style-type: none"> <li>• Physically moving around school / community ( negotiating school environment, steps, ramps, toileting facilities, public transport )</li> </ul>	
<ul style="list-style-type: none"> <li>• Participation in community / school environments (family outings, shops, after school clubs, school trips )</li> </ul>	