



**DOWN SYNDROME
WITH A SLICE OF AUTISM**
WWW.TERESAUNNERSTALL.COM
NAVIGATING DS-ASD

NDSC 2023 Convention: Forging a Path Towards Independence, Teaching Independent Living Skills Notes:

Tips for Teaching Independent Living Skills:

- *Meet the child where they are at and build activities around their strengths
- *Use visual schedules, task strips, token boards, modeling/video modeling, point prompts and hand over hand techniques
- *Start with a preferred activity and include fun tasks
- *Focus on one area or task at a time and build from there
- *Use a highly preferred reinforcer that is motivating to your child

Kitchen Task Skills:

- o Help load & unload the dishwasher/ wash and dry dishes
- o Wipe down countertops and windows
- o Sweep and mop floor
- o Feeding pets
- o Help with garbage and recycling/ can crushing
- o Set the table
- o Assist in meal preparation and making choices of food and snacks
- o Sweep and mop floor
- o Put away groceries

Home Management Skills:

- o Cleaning up toys, putting away in bin/basket
- o Sweeping/ mopping the floor
- o Vacuuming the floor
- o Dust furniture
- o Throwing away items in the trash
- o Taking out the trash
- o Empty out recyclables and can crushing
- o Taking garbage and recycle bins to the curb
- o Picking up the mail
- o Wiping off countertops and windows

Page Two: NDSC 2023 Convention Notes: Forging a Path Towards Independence

Home Management Skills:

- o Set the table
- o Assist with meal planning, food preparation and making choices of food and snacks
- o Washing dishes
- o Loading and unloading the dishwasher
- o Feed pets
- o Put dirty clothes in the hamper
- o Carry and load laundry into washer and dryer
- o Folding clothes
- o Put away clothes
- o Hang up coats
- o Making the bed
- o Bring in and put away groceries
- o Water plants

Personal Hygiene Skills:

- o Using the toilet
- o Putting clothes in the hamper/ hanging up towel
- o Picking out clothes to wear/ dressing skills
- o Brushing Teeth/ flossing
- o Washing hands & face
- o Putting on deodorant
- o Shaving
- o Beauty Regimens
- o Menstrual cycle cleanliness
- o Bathing/ showering & drying off
- o Brushing hair
- o Blowing nose
- o Clipping nails/ tolerating and desensitizing nail clipping