

Curriculum Areas and Activities for Living at Home

Curriculum Area	Key Activities
Planning and preparing meals	<ul style="list-style-type: none"> Planning a menu Preparing meals Using cooking equipment Storing food safely
Self-care, bathing and hygiene	<ul style="list-style-type: none"> Showering or bathing Caring for hair Caring for nails Caring for teeth Toileting Washing hands and face
Cleaning and care of the home	<ul style="list-style-type: none"> Vacuuming Dusting and wiping surfaces Neatening and organizing
Cleaning and care of clothing	<ul style="list-style-type: none"> Washing and drying clothes Changing clothes as needed Folding and storing clothes
Telephone use	<ul style="list-style-type: none"> Calling for appointments or services Calling friends and acquaintances Calling in emergencies Answering calls from others
Leisure activities	<ul style="list-style-type: none"> Watching television Listening to music Performing hobbies Entertaining visitors
Safety procedures	<ul style="list-style-type: none"> Calling 911 in an emergency Evacuating during a fire Responding to smoke detectors Using a fire extinguisher Calling an ambulance or doctor if one becomes very sick Safely answering the door
Time management and scheduling activities	<ul style="list-style-type: none"> Adhering to a daily schedule Following a calendar Using alarm clocks
Negotiating with others and self-advocacy	<ul style="list-style-type: none"> Negotiating responsibilities with roommates Negotiating communal versus private property and areas within the home Negotiating with neighbors regarding issues such as noise, external lights, and so on Speaking up to ensure that important responsibilities are carried out by roommates or others Speaking up on one's behalf to ensure that needed supports are obtained