

# Life Skills Readiness Checklist

For Autistic Teens (Ages 14–18)

## PERSONAL INFORMATION

- Knows full legal name
- Knows date of birth
- Knows home address
- Knows phone number
- Knows parent/guardian names
- Can identify emergency contact
- Understands when to call 911
- Knows medications and allergies

## HYGIENE & SELF-CARE

- Completes daily hygiene routine independently
- Brushes teeth consistently
- Uses deodorant appropriately
- Understands clothing for seasons
- Dresses appropriately for location
- Manages menstrual care (if applicable)

## LAUNDRY & CLOTHING

- Sorts laundry
- Uses washer safely
- Uses dryer safely
- Folds clothing
- Puts clothing away independently

## FOOD & KITCHEN SKILLS

- Identifies basic food groups
- Reads a simple recipe
- Follows step-by-step instructions
- Uses microwave safely
- Understands stove safety
- Practices kitchen cleanup

## GROCERY & MEAL PLANNING

- Makes a food list
- Identifies items in grocery store
- Understands basic pricing
- Participates in meal planning

## HOUSEHOLD RESPONSIBILITY

- Completes assigned chores
- Keeps bedroom organized
- Follows a cleaning routine
- Takes trash out when assigned

**This checklist is designed to support transition planning for autistic teens.**

For structured, step-by-step instruction and 115 IEP goals for independent living, explore the Life Skills Workbook. (male and female versions)

