

Life Skills and Self-Determination

All people are capable of making decisions that are important to them.

Life skills are abilities that help a person adapt to everyday activities and make decisions. Making decisions for yourself is called Self-Determination. Here are 15 skills to think about when planning a self-determined life.

Skill	✓ Yes	✓ No
I know my name, phone number, and address.		
I carry a state-issued photo ID in my wallet.		
I take care of my body (using toilet, staying clean, eating healthy meals).		
I am aware of my safety in public (crossing street, with strangers, etc.).		
I know how to be safe at home (knives, stove, heavy objects, etc.).		
I feed myself.		
I can prepare my own meals and clean up afterward.		
I do chores at home (laundry, vacuum, clean bathroom, make bed, etc.)		
I use my phone to call, text, or email people.		
I do errands at the bank, post office, and grocery store.		
I can drive OR arrange for transportation through a service provider.		
I schedule my own appointments.		
I take my medications on schedule and refill medicine when needed.		
I understand when I should call 911.		
I budget my own money and pay my own bills.		

Adapted from TransCen, Inc.'s Life Skills Assessment, [Life-Skills-Assessment-2020.pdf \(transcen.org\)](#), and the Parent Educational Advocacy Training Center's Life Skills Checklist, [PEATC Life Skills Checklist](#)