

**Table 2.9**  
**Sample Home and Community-Living Skills and Activities for a Real-World Curriculum**

Daily and independent living	Safety	Community access and transportation	Recreation/leisure	
			Activities to do alone	Group activities
<p>Self-care</p> <ul style="list-style-type: none"> <li>• Showering</li> <li>• Grooming</li> <li>• Toileting—using urinals and stalls</li> <li>• Taking medications</li> <li>• Caring for monthly needs</li> <li>• Preventative health care</li> <li>• Applying makeup</li> <li>• Dressing appropriately for weather and events</li> </ul> <p>Daily living</p> <ul style="list-style-type: none"> <li>• Planning and preparing nutritious meals</li> <li>• Operating appliances safely</li> <li>• Cleaning dishes, clothing, household</li> <li>• Making simple home repairs</li> <li>• Adjusting home temperature</li> </ul> <p>Independent living</p> <ul style="list-style-type: none"> <li>• Paying bills</li> <li>• Locating and maintaining home</li> <li>• Accessing home services</li> <li>• Power outages</li> </ul>	<p>In the home</p> <ul style="list-style-type: none"> <li>• Locking doors/windows</li> <li>• Stranger aware</li> <li>• Storm safety</li> <li>• Cooking</li> <li>• Using appliances safely</li> <li>• Personal/sexual safety skills</li> <li>• Fire safety</li> </ul> <p>In the community</p> <ul style="list-style-type: none"> <li>• Stranger aware</li> <li>• Travel safety</li> <li>• Personal/sexual safety skills</li> </ul>	<ul style="list-style-type: none"> <li>• Calling for a taxi</li> <li>• Asking a friend for a ride</li> <li>• Taking a bus</li> <li>• Paying for transportation services</li> <li>• Making/paying for plane or train travel</li> <li>• Walking</li> <li>• Riding a bike</li> <li>• Crossing streets and parking lots</li> <li>• Stranger safety</li> <li>• Asking for help</li> <li>• Personal/sexual safety skills</li> </ul>	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Riding a bike</li> <li>• Exercising</li> <li>• Playing a video game</li> <li>• Surfing the Internet</li> <li>• Talking on the phone</li> <li>• Listening to music</li> <li>• Playing an instrument</li> <li>• Completing a puzzle</li> <li>• Arts and craft activities</li> <li>• Photography</li> <li>• Hiking</li> </ul>	<ul style="list-style-type: none"> <li>• Team sports</li> <li>• Board games</li> <li>• Camping</li> <li>• Activities with friends and family               <ul style="list-style-type: none"> <li>◦ Hunt</li> <li>◦ Fish</li> <li>◦ Water sports</li> </ul> </li> <li>• Parties               <ul style="list-style-type: none"> <li>◦ Cookouts</li> <li>◦ Holidays</li> <li>◦ Events</li> </ul> </li> <li>• Shopping</li> <li>• Traveling</li> <li>• Eating out</li> </ul>