**Ideas for Life Skills**

**Domestic Skills:**

* + Health and hygiene
	+ Human sexuality
	+ Meal planning, participation, and nutrition
	+ Food preparation and safety
	+ Household cleaning, maintenance and repair
	+ Laundry and clothing selection
	+ Budgeting and shopping
	+ Banking and bill-paying
	+ Planning and hosting a party
	+ Carrying and using a wallet with money, ID, and keys
	+ Keeping in touch with friends, family and caregivers
	+ Being a good neighbor
	+ Car maintenance

*Resources and standards have come from the Education Dept. of Indiana, Education Dept. of Georgia, the American Association of Family and Consumer Sciences, the American Red Cross, Josephson Institute, and UCLA.*