For autistic, ADHD and PDA teens and young adults

Life Skills Checklist

Over 100 everyday skills, one step at a time

Tick how much help each skill needs now, from **with help** to **I could show someone**. Come back in a few months and see how far you've come. Organised around the four Preparing for Adulthood areas.



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Also as an app: **On My Terms**

How to use this checklist

This isn't a test, and there's no score. It's a way to see which everyday skills need a lot of help right now, which need a little, and which you can already do on your own.

	With help	Someone does it alongside me.
	With a reminder	I can do it if someone prompts me.
	On my own	I do it without being asked.
	I could show someone	I know it well enough to teach it.

Getting started

- Tick one box per skill: how much help it needs **now**, not how you'd like it to be.
- Skip anything that isn't for you. You never have to do every skill.
- Cross out a skill and write it in your own words if that fits better.
- There's a spare line at the end of every group for your own skills.

Seeing progress

- Use a different colour pen each time you come back, for example each term.
- Write the date at the top of each area in that colour.
- When a skill moves up a box, that's real progress, however long it took.
- Bring it to a review or meeting to show what's changed.

If you're a parent, carer or practitioner

- Fill it in **together**, or let the young person fill it in and talk about it after. Their view of how much help they need matters most.
- Pick just two or three skills to focus on at a time. Choosing them together works better than being told.
- Move up one step at a time. "With a reminder" is a big step from "with help".
- For young people who find demands hard (often described as PDA, Pathological Demand Avoidance or a Persistent Drive for Autonomy), keep it low-pressure: no deadlines, no rewards that can be lost, and "not yet" is always a fine answer.

The four areas (independent living, community inclusion, health, and employment and education) come from the Preparing for Adulthood framework, which is widely used in England when planning for adult life, including in EHCP reviews for those who have one. This checklist is an independent resource and is not connected to or approved by the Department for Education, NDTi or any local authority. It is a practical tool, not an assessment or a diagnosis.

Independent living

Looking after me, food, home and money

Looking after me

Skill	With help	With a reminder	On my own	I could show someone
Get up with my own alarm	☐	☐	☐	☐
Shower or bath and wash my hair	☐	☐	☐	☐
Brush my teeth twice a day	☐	☐	☐	☐
Choose clothes for the weather	☐	☐	☐	☐
Cut my nails	☐	☐	☐	☐
Get my hair cut	☐	☐	☐	☐
Buy my own toiletries	☐	☐	☐	☐
Pack a bag for a day or night away	☐	☐	☐	☐
Know what to do if I feel unwell	☐	☐	☐	☐
	☐	☐	☐	☐

Food

Skill	With help	With a reminder	On my own	I could show someone
Make a hot drink	☐	☐	☐	☐
Make a snack or sandwich	☐	☐	☐	☐
Use the microwave safely	☐	☐	☐	☐
Use the oven and hob safely	☐	☐	☐	☐
Cook a simple meal	☐	☐	☐	☐
Follow a recipe	☐	☐	☐	☐
Check use-by dates and store food	☐	☐	☐	☐
Plan meals for a few days	☐	☐	☐	☐
Write a shopping list and shop for it	☐	☐	☐	☐
	☐	☐	☐	☐

Home

Skill	With help	With a reminder	On my own	I could show someone
Tidy my room	☐	☐	☐	☐
Make my bed or change the sheets	☐	☐	☐	☐
Put my washing in the basket	☐	☐	☐	☐
Use the washing machine	☐	☐	☐	☐
Dry and put away my clothes	☐	☐	☐	☐
Clean the bathroom or kitchen	☐	☐	☐	☐
Put the bins out on the right day	☐	☐	☐	☐
Know what to do if something breaks	☐	☐	☐	☐
Lock up and keep keys safe	☐	☐	☐	☐
	☐	☐	☐	☐

Money

Skill	With help	With a reminder	On my own	I could show someone
Know what coins and notes are worth	☐	☐	☐	☐
Pay for something in a shop	☐	☐	☐	☐
Use a bank card or phone to pay	☐	☐	☐	☐
Check my change or my balance	☐	☐	☐	☐
Save up for something	☐	☐	☐	☐
Keep track of what I spend	☐	☐	☐	☐
Make a simple budget	☐	☐	☐	☐
Pay a bill	☐	☐	☐	☐
Spot a scam	☐	☐	☐	☐
	☐	☐	☐	☐

Community inclusion

Getting about, people and friendships, things I enjoy

Getting about

Skill	With help	With a reminder	On my own	I could show someone
Know my address and a contact number	☐	☐	☐	☐
Cross roads safely	☐	☐	☐	☐
Walk somewhere local on my own	☐	☐	☐	☐
Use a map app on my phone	☐	☐	☐	☐
Catch a bus or train	☐	☐	☐	☐
Buy a ticket or use a travel pass	☐	☐	☐	☐
Know what to do if I get lost or a trip changes	☐	☐	☐	☐
Plan a new journey	☐	☐	☐	☐
Use a taxi or ride app	☐	☐	☐	☐
	☐	☐	☐	☐

People and friendships

Skill	With help	With a reminder	On my own	I could show someone
Say hello and goodbye in my own way	☐	☐	☐	☐
Ask a shop worker for help	☐	☐	☐	☐
Text or message a friend	☐	☐	☐	☐
Make plans with someone	☐	☐	☐	☐
Say no or that I need a break	☐	☐	☐	☐
Stay safe online	☐	☐	☐	☐
Tell someone I trust when something is wrong	☐	☐	☐	☐
Know who to call in an emergency	☐	☐	☐	☐
Spot when someone is not being kind to me	☐	☐	☐	☐
	☐	☐	☐	☐

Things I enjoy

Skill	With help	With a reminder	On my own	I could show someone
Choose what to do with my free time	☐	☐	☐	☐
Go to a club or group	☐	☐	☐	☐
Find out what is on locally	☐	☐	☐	☐
Go to a café, shop or cinema on my own	☐	☐	☐	☐
Book or pay for an activity	☐	☐	☐	☐
Try something new	☐	☐	☐	☐
	☐	☐	☐	☐

Health

Appointments, medication, sleep, knowing my body

Appointments

Skill	With help	With a reminder	On my own	I could show someone
Know my doctor's and dentist's names	☐	☐	☐	☐
Go into an appointment and answer questions	☐	☐	☐	☐
Tell a doctor how I feel	☐	☐	☐	☐
Book an appointment by phone, app or online	☐	☐	☐	☐
Get to an appointment on time	☐	☐	☐	☐
Ask questions or ask for adjustments	☐	☐	☐	☐
Know when to use 111, a pharmacy or 999	☐	☐	☐	☐
	☐	☐	☐	☐

Medication

Skill	With help	With a reminder	On my own	I could show someone
Know what my medication is for	☐	☐	☐	☐
Take my medication at the right time	☐	☐	☐	☐
Use a reminder or pill box	☐	☐	☐	☐
Order a repeat prescription	☐	☐	☐	☐
Collect a prescription from the pharmacy	☐	☐	☐	☐
	☐	☐	☐	☐

Sleep

Skill	With help	With a reminder	On my own	I could show someone
Notice when I am tired	☐	☐	☐	☐
Have a wind-down routine that works for me	☐	☐	☐	☐
Put my screen away at a time I choose	☐	☐	☐	☐
Go to bed at a time that suits my day	☐	☐	☐	☐
Get myself up for something important	☐	☐	☐	☐
	☐	☐	☐	☐

Knowing my body and needs

Skill	With help	With a reminder	On my own	I could show someone
Notice when I am hungry or thirsty	☐	☐	☐	☐
Notice when I am overwhelmed	☐	☐	☐	☐
Know what helps me calm down	☐	☐	☐	☐
Move my body in a way I enjoy	☐	☐	☐	☐
Explain my needs to someone new	☐	☐	☐	☐
Carry what I need for sensory comfort	☐	☐	☐	☐
Keep a note of my needs to show others	☐	☐	☐	☐
	☐	☐	☐	☐

Employment and education

Routines for college or work, asking for help, forms and emails

Routines for college or work

Skill	With help	With a reminder	On my own	I could show someone
Know what day and time things happen	☐	☐	☐	☐
Get ready to leave the house on time	☐	☐	☐	☐
Use a calendar or planner	☐	☐	☐	☐
Keep track of my own tasks or homework	☐	☐	☐	☐
Start a task without waiting for a reminder	☐	☐	☐	☐
Take breaks when I need them	☐	☐	☐	☐
Get to college, work or volunteering on my own	☐	☐	☐	☐
Let someone know if I will be late or off	☐	☐	☐	☐
	☐	☐	☐	☐

Asking for help

Skill	With help	With a reminder	On my own	I could show someone
Ask a family member for help	☐	☐	☐	☐
Say when I don't understand	☐	☐	☐	☐
Ask a teacher, tutor or manager a question	☐	☐	☐	☐
Ask for a change that helps me	☐	☐	☐	☐
Find information online	☐	☐	☐	☐
Know who supports me and how to reach them	☐	☐	☐	☐
Speak up for myself in a meeting or review	☐	☐	☐	☐
Disagree politely	☐	☐	☐	☐
	☐	☐	☐	☐

Forms and emails

Skill	With help	With a reminder	On my own	I could show someone
Write my name, address and date of birth	☐	☐	☐	☐
Send a short email or message	☐	☐	☐	☐
Keep my passwords safe	☐	☐	☐	☐
Fill in a simple form	☐	☐	☐	☐
Keep important letters and documents safe	☐	☐	☐	☐
Write a short CV or personal statement	☐	☐	☐	☐
Apply for a course, job or volunteering role	☐	☐	☐	☐
Know my National Insurance number and where to find it	☐	☐	☐	☐
	☐	☐	☐	☐

My own skills

Anything that matters to you that isn't on the list

Skill	With help	With a reminder	On my own	I could show someone
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐

Prefer to track it on your phone?

On My Terms is the app version of this checklist, built for autistic, ADHD and PDA teens and young adults. Tick a skill each time you do it, and after a few times the app asks if you're ready for the next step: **Yes** or **Not yet**, your choice. It keeps a record of what moved up, and makes a report for reviews in one tap.

No streaks, no scores, nothing taken away. Rename, split or hide any skill. 14 days free, then £4.99 a month or £34.99 a year for up to 6 people.

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