Adaptive Behavior – Things to Know!

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<th>Domain</th>
<th>Skill Area</th>
<th>Description</th>
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| Conceptual      | Communication                        | Receptive, expressive, & pragmatic language skills                          | • Follows directions  
• Expresses feelings  
• Engages in appropriate social conversations                                                    | • Higher language skills than expected                                                       |
|                 | Functional Academics                 | Reading, math, writing skills in applied situations                        | • Reads a variety of materials  
• Performs everyday math skills  
• Writes assignments, letters, and other materials                                            | • Failing grades  
• Low test scores  
• No special education  
• Other services                                                                          |
|                 | Self-Direction                       | Skills associate with self-regulation, problem solving, and goal setting     | • Has chores & other responsibilities  
• Can work out solutions to common everyday problems that arise  
• Sets goals, plans, and acts on plans                                                       | • Not seen as easily at younger ages  
• Difficulty applying problem solving strategies to new situations  
• Big difference between simple and complex planning                                            |
| Social          | Social                               | Ability to interact/get along with others; gullibility/ naivete             | • Has friends  
• Is able to interact with people he does not know  
• Interacts with others of same age  
• Can be taken advantage of/talked into doing things  
• Seems unaware of the nature of various situations                                             | • The quality/depth of friendships is important  
• Can have girlfriends  
• May be a leader – typically of younger individuals                                              |
|                 | Leisure                              | Use of non-school or non-work time; indoor & outdoor activities             | • Has hobbies  
• Plays sports  
• Understands rules, consequences                                                             | • Some individuals may be very good athletes                                                   |
| Practical  | Self-Care | Skills associated with everyday personal skills | • Eating  
• Bathing  
• Dressing  
• Grooming | • Most of these skills should not be issues for adolescents  
• Need for support is important |
|-----------|-----------|------------------------------------------------|---------------------------------|--------------------------------------------------|
| Home Living | Ability to perform tasks in the home setting | • Cooking  
• Laundry  
• Cleaning  
• Home repairs | | • Some individuals may not have opportunity to perform certain activities  
• Some activities are gender-assigned |
| Community Use | Skills associated with using services in the community | • Public transportation  
• Shopping  
• Eating in various types of establishments  
• Public services – post office  
• Private services – doctor, dentist | | • Some individuals have little opportunity to perform some of these activities |
| Health/Safety | Ability to manage one’s health and demonstrate behavior that is safe | • Knows how to take care of self – physical illness/injury or emotional/mental issues  
• Displays behavior that is safe at home, at school, in the community, or on the job | | • Age-appropriateness is a key factor  
• Repeat of inappropriate behavior is noteworthy |
| Work | Range of skills associated with obtaining and maintaining a job | • Knowing about jobs  
• Applying for job – filling in app, interviewing  
• Duties of job  
• Performance  
• Getting along with co-workers  
• Need for supervision  
• Promotion | | • Many jobs may seem difficult or complicated – but they are not  
• Importance of supports during all phases of job history |