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Adaptive Behavior – Things to Know!

Domain	Skill Area	Description	Example of Skills	Cautions
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