







Independence Skills

Think about how you approach these tasks. Think about how much your parents are involved. There are no right or wrong answers. This checklist is to help you think about the progress you have made toward growing up to be a self-sufficient and competent adult.



	Need help with the task	Can do the task, need reminding	Can do the task without reminding or supervision
 Personal Tasks			
Bathe			
Brush/floss teeth			
Eat nutritious meals			
Get adequate sleep			
Get regular exercise			
Have a hobby			
Wake self in the morning			
Schedule appointments with Doctor, Dentist, etc.			
Do own Guthrie between ap- pointments			
 Household Tasks			
Pick up belongings			
Put clothes away			
Make bed			
Tidy bedroom			
Do laundry for self			
Do laundry for family			
Take out garbage			
Wipe up spills			
Vacuum floor			
Clean sink			
Care for pet			

	Need help with the task	Can do the task, need reminding	Can do the task without reminding or supervision
 Meal Preparation Tasks			
Set table			
Load/unload dishwasher			
Fix snack for self			
Cook meal for self			
Cook meal for others			
Pack lunch for self			
Prepare formula			
Record formula and food intake			
Calculate daily phe intake			
 School Tasks			
Record assignments			
Have a study time and then study			
Complete assignments			
Turn assignments in on time			
 Money Management			
Make independent purchases			
Maintain a checking account			
Save money			
Budget money			
Comparison shop			

	Need help with the task	Can do the task, need reminding	Can do the task without reminding or supervision
 Emotional Tasks			
Thoughtful of other people's feelings			
Know how to deal with negative comments			
Express feelings appropriately			
Know how to express anger without hurting others			
Know how to calm self			
Know the difference between your anger and someone else's anger			
Plan ahead for activities with friends			
Feel comfortable explaining PKU to friends and acquaintances			
Accept and understand effect of PKU on lifestyle choices			

To be a responsible adult who can take care of personal and family needs, you need to be able to complete all of the above tasks by yourself. People achieve competence at different times in their lives. Look at the columns that you have rated as 'Need Help' and 'Need Reminding'. Talk with your parents and plan for how you might become more independent and in charge of yourself. Look at the column you have rated 'Can Do'. You have made progress toward becoming a self-sufficient adult.



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