

# Erskine Green Training Institute

## PREREQUISITES: INDEPENDENT LIVING SKILLS

Students interested in attending EGTI are expected to be independent with the prerequisites noted in the left-hand column. Strategies and supports should be in place to address any of the skills that remain a challenge. Skills listed in the middle and right-hand columns are not prerequisites; however, dedicated practice on these skills should occur prior to EGTI.



### Activities of Daily Living

- Completes daily hygiene routine: shower, brush teeth, comb hair, apply deodorant, shave, etc.
- Picks out clothing and get dress

### Medications & Health Needs

- Manages medications.
- Takes proper action when medications are running low.
- Manages personal allergies/diet requirements and stays away from certain foods, if applicable.

### Money Management

- Make personal/leisure purchases with cash or card.

### Behavior

- Uses appropriate coping strategies that prevent behaviors that put themselves and others in danger.
- Exhibits appropriate behavior while in public spaces.

### Communication

- Knows the appropriate person to contact when help is needed.
- Communicates via cell phone (call or text).

### Personal Safety

- Interacts with strangers appropriately
- Does not allow strangers into personal living spaces.

### Pedestrian

- Understands directions that use the terms left and right.
- Understands pedestrian signals.
- Crosses the street safely.
- Uses maps on their cell phone to navigate to specific locations.

### Activities of Daily Living

- Completes their laundry.
- Plans, shops for, and prepares simple snacks and meals.
- Cooks basic foods in a microwave.
- Appropriately refrigerates leftover food, if necessary.

### Time Management

- Sets an alarm clock to wake up.
- Arrives to places on time.

### Public Restrooms

- Identifies a variety of male and female bathroom signs.
- Locks bathroom stall doors.
- Follows appropriate toileting etiquette.

### Dining Etiquette

- Communicates information to a host (i.e. # of guests in party).
- Identifies the back of a line in a variety of settings and waits.
- Communicates meal order to the server/cashier.
- Advocates if the meal is incorrect.
- Sits until the server has provided the receipt.
- Leaves an appropriate tip, when necessary.
- Fills out a meal receipt.

### Money Management

- Spends money within a budget.
- Utilizes an ATM to withdraw cash.