

**BASIC  
ADAPTIVE  
SKILLS  
PROGRAM**



## BASIC ADAPTIVE SKILLS PROGRAM

### Summary Content And General Behavioral Objectives

The *Basic Adaptive Skills Program* is designed to help the handicapped person achieve his or her maximum individual potential for independence in *hygiene and personal care skills, dressing skills, appropriate selection and care of clothing, eating skills, and appropriate use of table manners*. The habilitation professional must encourage the client to appreciate the effects of good body hygiene practices on self and others, to experiment with new types and styles of clothing, to manage day-to-day selection and care of clothing independently, and to recognize the social significance of good table manners and appropriate use of eating utensils. At the same time, parents and others responsible for the client must be encouraged to support reasonable risk-training and exposure to a variety of challenging experiences. In addition, they must be encouraged to allow the client to **use** newly acquired skills **independently**, and to realize from the client's increasing growth in competence *their increasing responsibility* to grant additional freedoms. This, in effect *gradual letting go*, is as important as it is reasonable, for it both verifies the commitment of those on whom it depends and reinforces the client's efforts toward maximum independence.

The *Basic Adaptive Skills Program* develops the following skill training areas (sections):

- I. Hygiene
- II. Undressing And Dressing For Females
- III. Undressing And Dressing For Males
- IV. Clothes Appearance And Appropriate Dress
- V. Eating Skills And Table Manners

The *Basic Adaptive Skills Program* expands the following general behavioral objectives:

- |  |                               |
|--|-------------------------------|
| <b>I. Hygiene</b>  | <b>53 Skills (2323 Tasks)</b> |
| <input type="checkbox"/> To develop <b>body hygiene skills</b> and <b>personal care skills</b> , including toileting, nasal hygiene, hand and face washing, bathing, oral hygiene, hair care, nail care, shaving, care of eyeglasses and hearing aid . . . |                               |
| <input type="checkbox"/> To develop <b>feminine hygiene skills</b> and <b>knowledge of menstruation</b> , including use of various feminine hygiene products, care of menstrual needs away from home, basic menstrual information . . .                    |                               |
| <input type="checkbox"/> To develop <b>female beauty care skills</b> , including use of foundation, blusher, eye shadow, lipstick, finger-nail polish, perfume . . .   |                               |
| <b>II. Undressing And Dressing For Females</b>   | <b>62 Skills (1853 Tasks)</b> |
| <input type="checkbox"/> To develop <b>undressing and dressing skills</b> , including the wearing of underwear, hosiery, various types of blouses, pants, skirts, dresses, belts, sweaters, shoes, coats, sleepwear . . .                                  |                               |
| <input type="checkbox"/> To develop skills involving <b>use of clothing accessories</b> , including various types of hats, gloves, umbrellas, purses and wallets, watches . . .  |                               |
| <input type="checkbox"/> To develop skills involving <b>use of jewelry</b> , including various types of rings, necklaces, bracelets, earrings, pins . . .  |                               |

**III. Undressing And Dressing For Males**

**41 Skills (1349 Tasks)**

- ☐ To develop **undressing and dressing skills**, including the wearing of underwear, socks, various types of shirts, pants, belts, sweaters, shoes, coats, sleepwear . . .
- ☐ To develop skills involving **use of clothing accessories**, including various types of hats, gloves, umbrellas, wallets and coin purses, watches, ties . . .

**IV. Clothes Appearance And Appropriate Dress**

**18 Skills (561 Tasks)**

- ☐ To develop **awareness of how often to change or have cleaned various articles of clothing**, including undergarments, nightwear, shirts or blouses, pants . . .
- ☐ To develop **daily care of clothing skills**, including hanging and folding clothing after use, storing clothing in appropriate locations after use, shoe care . . .
- ☐ To develop **awareness of appearance of clothing**, including recognition of soiled and wrinkled clothing, clothing in need of repair or replacement . . .
- ☐ To develop **recognition of appropriate dress**, including coordinated outfits, fashionable clothing, dress appropriate for different situations and types of weather . . .
- ☐ To develop **knowledge of client's clothing sizes**, including body measurements related to waist size, sleeve length, chest or bust size, inseam of pants . . .

**V. Eating Skills And Table Manners**

**22 Skills (1244 Tasks)**

- ☐ To develop **basic eating skills**, including having clean hands prior to eating, use of teaspoon to scoop and cut food, use of fork to scoop, spear, and cut food, use of knife to spread food, use of knife and fork to cut food, use of soup spoon . . .
- ☐ To develop **basic drinking skills**, including drinking beverages from glasses, from cups with handle, from bottles and cans, drinking through straws, use of drinking fountain . . .
- ☐ To develop **eating skills related to foods that are difficult to manage**, including orange, banana, hard boiled egg . . .
- ☐ To develop **beverage pouring and other food serving skills** . . .
- ☐ To develop **appropriate table manners**, including use of napkin, appropriate body posture at table, passing food to others and requesting food to be passed, appropriate reaching etiquette, excusing self when-ever appropriate, serving self and ingesting only reasonably sized food portions, appropriate chewing and drinking etiquette, not spilling food . . .
- ☐ To develop **sack lunch management skills**, including resting food on appropriate surfaces, managing food containers and wrappings . . .