

# Adolescent Autonomy Checklist

**Prepare for adult life; use this list to start a conversation about helpful skills.**

Use this checklist as a starting point. Skip over the items that do not apply. Answers will change over time, so celebrate progress! For questions or comments about this tool, email [contact@oregonfamilytofamily.org](mailto:contact@oregonfamilytofamily.org).

Kitchen	Can Do Already	Need Practice	Who can help?
Operate appliances: cook top, oven, toaster, dishwasher, microwave, blender, etc.	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Use common kitchen tools: can opener, knife, measuring cups/spoons, grater, timer	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Help plan and prepare meals	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Make a grocery list/follow a recipe	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Set the table	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Do the dishes	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Laundry	Can Do Already	Need Practice	Who can help?
Put dirty clothes in hamper	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Sort clothes, remove stains if desired	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Use washer and dryer	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Put clothes away	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
With the family/household	Can Do Already	Need Practice	Who can help?
Discuss news and events of the day	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Help take care of siblings, elders, pets, or plants	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Participate in family decisions or help plan family activities	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.

## Adolescent Autonomy Checklist cont'd.

Housekeeping	Can Do Already	Need Practice	Who can help?
Clean a room	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Make the bed/change sheets	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Choose decorations	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Take out the trash/sort recycling	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Emergency	Can Do Already	Need Practice	Who can help?
Know community emergency numbers and when to call 911, 988, 211, or 1-800-222-1222	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know where candles and flashlights are	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know how to use a fire extinguisher and when to exit the area	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know where the extra house key is	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know neighbors/family that can help	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Unclog the sink or toilet	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Personal Skills	Can Do Already	Need Practice	Who can help?
Use the phone-make, take, and screen calls and texts, know how to charge and update	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Learn internet safety and communication	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Carry a wallet/ID	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Open and manage a bank account, know how to track spending	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Choose clothes for the weather and occasion	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Recognize and report abuse, neglect, or danger	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Have/give privacy in the bathroom, bedroom	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Self-care	Can Do Already	Need Practice	Who can help?
Brush teeth and floss daily	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.

## Adolescent Autonomy Checklist cont'd.

Brush/comb hair; shave as desired	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Shower with soap; use deodorant if desired	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Wash hair and use products if desired	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Wash hands/sanitizes after using restroom sneezing, before eating etc.	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Take a break to regulate senses or emotions, or recharge	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Aware of how much sleep is needed, use an alarm to wake up	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
<b>Community Skills</b>	<b>Can Do Already</b>	<b>Need Practice</b>	<b>Who can help?</b>
Get around the city/town/area; pedestrian skills, phone navigation, follow directions	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Use transportation options: bus, taxi, rideshare, train, bicycle, medical transport, etc.	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Find bathroom in unfamiliar building	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know local stores and services	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know how to use a debit/credit card/library card	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know how to order and pay at restaurant	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
<b>Personal Safety</b>	<b>Can Do Already</b>	<b>Need Practice</b>	<b>Who can help?</b>
Does not let strangers into the home	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Aware of surroundings, looks for hazards and dangers, knows how to report theft	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Turn off stove, space heaters, other electric appliances after use	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
<b>Health Care Skills</b>	<b>Can Do Already</b>	<b>Need Practice</b>	<b>Who can help?</b>
Understand health status, notice and track changes	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Aware of health history, diagnosis information etc.	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Able to ask and respond to questions during appointments	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know height, weight, and birthdate	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.

## Adolescent Autonomy Checklist cont'd.

Keep track of appointments calendar/phone, know contact information for providers	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know what medications are taken and what they are for	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Get a prescription filled/refilled, order needed supplies	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Take care of own menstrual needs	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Carries own insurance card	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
<b>Plan for fun and community</b>	<b>Can Do Already</b>	<b>Need Practice</b>	<b>Who can help?</b>
Invite a friend over	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Read or listen to a book, podcast, radio, magazine, streaming service, or music	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Learn or practice a skill or hobby: art, craft, unicycle, photography, trains etc.	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Keep a calendar of events or activities	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Go to a recreation center or gym. Participate in a sport, club, community activity, walk, bike ride, dance, run	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Attend school/community functions: plays, dances, concerts, sports, fairs etc.	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Go to church, temple, or mosque	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
<b>Being a citizen/adult</b>	<b>Can Do Already</b>	<b>Need Practice</b>	<b>Who can help?</b>
Get a photo ID or driver's license	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Explore case management options, brokerage services, personal agents, county case management, agencies	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know citizenship status	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know how to sort fake news from real news	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Learn how to vote and exercise your rights	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Know how to be a good neighbor and report crimes or accidents	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.

## Adolescent Autonomy Checklist cont'd.

Add your own items below	Can Do Already	Need Practice	Who can help?
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.

## Notes:

*Acknowledgements: University of Washington, Division of Adolescent Medicine (1984-1987) and Children's Rehabilitation Center, University of Virginia. Adapted and revised by Oregon Family to Family Health Information Center June 2025 Supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) (Grant # H84MC21658/Family Professional Partnership*

