HabilitationVIUK

FS: Foundation skills for Independent living

FS	Skill Identification code FS
FS 1.00	**Dressing**
	Undressing
1.01	Shoes off
1.02	Socks off
1.03	Joggers off
1.04	Coat off
1.05	Top /T shirt off
1.06	Dress off
	Dressing
1,08	Identify own coat
1.09	Socks on
1.10	Shoes on – correct feet
1.11	Joggers on
1.12	Coat on
1.13	Top /T shirt on
1.14	Dress on
1.15	Clothing on right way up, right way round
2.00	**Fastenings**
2.01	Poppers
2.02	Buttons
2.03	Velcro
2.04	Zip closed
2.05	Zip open ended
3.00	**Personal hygiene**
	Toileting
3.01	Locate potty
3.02	Sit on potty
3.03	Locate toilet at home
3.04	Locate toilet educational setting
3.05	Understand use of toilet/potty appropriately
3.06	Wash hands
3.07	Dry hands
3.08	Wash face
3.09	Brush teeth
3.10	Supported bathing/ showering

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FS	Skill Identification code FS
4.00	**Feeding**
4.01	Finger feeding
4.02	Spoon
4.03	Fork
4.04	Knife
4.05	Training cup
4.06	Straight sided beaker
4.07	Cup/ glass
4.08	Load and Spoon from one vessel to another
4.09	Blowing bubbles
4.10	Palmar grip
4.11	Pincer grip
4.12	Tripod grip
5.00	**Movement- Up and moving – progressing to moving from place to place**
5.01	Tummy time
5.02	Lifting head and supporting
5.03	Push up from prone
5.04	Tuck legs/ feet under
5.05	bridge
5.06	crawl
5.07	Respond or move towards sound
5.08	Pull to standing
5.09	Cruise furniture
5.10	Stand
5.11	Take steps
5.12	Stable gait wide base
5.13	Good posture
5.14	Mature gait
5.15	climb
5.16	Up stairs crawling
5.17	Up stairs walking
5.18	Down stairs on bottom
5.19	Down stairs walking
5.20	Running
5.21	Jumping
5.22	Kick large ball
5.23	throw
5.24	Catch sympathetically thrown object

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FS	Skill Identification code FS
6.00	**Early concepts**
6.01	Demonstrates understanding object permanence
6.02	Reaches for object
6.03	Cause and effect, eg press button on toy to get reaction
6.04	Primary Colour recognition
6.05	**Early time** day
6.05	night
6.06	Dark
6.07	Seasons
	Early money
6.08	Recognition of **money** from other objects
6.09	Understanding hand over money to buy goods
	Body awareness
6.10	Body parts on self
6.11	Body parts on others
6.12	Visually track object or toy
6.13	Track audible object or toy
6.14	**Understanding simple instructions**
6.15	Responds to own name
6.16	One instruction
6.17	Two instructions
6.18	Take message
6.19	Range age appropriate concepts and vocabulary for mobility and ILS
6.20	**Imaginative role play**
7.00	**Listening**
7.01	Turn to sound
7.02	Identify voice
7.03	Identify household sounds
7.04	Identify environmental sounds
7.05	Identify vehicle sounds
7.07	Extend understanding and use of sound
8.00	**Early road safety awareness**
8.01	Pavements for people roads for vehicles
8.02	Hold hands
8.03	Name main vehicle types- eg bus lorry
8.04	Safer places to cross
8.05	Push button on pelican
8.06	Early environmental awareness, textures, gradients

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Identification code FS	Skill
9.00	simple '**Stranger Danger'** strategies.
9.01	Protective behaviours
9.02	Knows own name
9.03	Safer strangers People who help us
9.04	Uniforms
9.05	Understand and respond to NO
9.06	Understand and respond to STOP
10.00	**Starting school or nursery**
10.01	Early orientation mobility skills
10.02	Locate and use coat peg
10.03	Locate and use toilets
10.04	Locate dining area understand systems
10.05	Cope with school meal or lunch box
10.06	Access playground
10.07	Social interaction with peers

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