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Intermediate ILS skills

	Techniques and Skills Identification code IS
IS 1.00	**Personal Safety**
1.01	Name
02	Home Address
03	Home Phone number
04	School address
05	School phone
06	Staff names/ faces
07	Family names
08	What to do if lost
09	How to ask for help
10	Fire alarm procedure
11	‘Stranger Danger’ strategies.
12	Action if feel in danger
13	Respond to stop
14	Telephones
15	Recognition of telephone box
15	Use of home telephone
17	999 procedures 112
18	Sequence numbers
19	How to dial
20	Understanding tones
21	Use of payphone coin / phone card
22	Reversing charges
23	Mobile phone usage
24	Directory enquiries
25	Print awareness
2.00	**Fastenings**
2.01	Zip closed
2.02	Zip open ended
2.03	Velcro
2.04	Buckle
2.05	Shoe laces
2.06	Hook and eye-or trouser/ bra fastener
2.07	Bags, belts braces

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Intermediate ILS skills

	Techniques and Skills Identification code IS
2.08	Clasp (as on purse)
2.09	Put Watch on / off
2.10	Locker
2.11	Bolt
12	Door chain
13	Key in lock
14	Plug in & out socket
15	Turning taps on and off
3.00	**Personal hygiene**
3.01	Locate toilets
3.02	Locate Toilet stall and toilet
3.03	Use of toilet stall and toilet
3.04	Location of urinal if appropriate
3.05	Use of urinal
3.06	Location washbasins
3.07	Handwashing
3.08	Identify hot & cold taps
3.09	Appropriate use of soap dispenser
3.10	Locate hand drier
3.11	Locate paper towels & bin
3.12	Sanitary protection awareness if appropriate
3.13	Use of
3.14	Disposal of
3.15	Cleaning Teeth
3.16	Washing self
3.17	Hair care brush
3.18	Hair care comb
3.19	Clip / bobbles/ alice band
3.20	Blowing nose
3.21	Wash face
3.22	Independent bathing or showering
3.23	Use cleansing products
3.24	Use of appropriate personal care products (including deodorant, make up etc if age appropriate)
3.25	Awareness of Puberty

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Intermediate ILS skills

	Techniques and Skills Identification code IS
4.00	**Self feeding**
4.01	Appropriate use of cutlery
4.02	Spoon
4.04	Fork
4.05	Knife
4.06	Adaptive cutlery if required
4.07	Use of cup
4.08	Use of glass
4.09	Drinking straw
4.10	System for locating food on plate
4.11	Adult tableware
5.00	**Social skills**
5.10	Play card & board games
5.11	Turn taking
5.12	Social interaction
5.13	Use appropriate language to others
5.14	Follow instructions
5.15	Early negotiation skills
5.16	Eye contact
5.17	Body language
5.18	Signature
5.19	Organisational skills
5.20	Identify own items, coat, shoes bag etc
6.00	**Time**
6.01	Elapsing time, secs mins hours
6.02	Days months, seasons
6.03	Time digital
6.04	Time analogue
6.05	Talking watch/ clock
7.00	**Money skills**
7.01	Coin recognition
7.02	Note identification
7.03	Place in value order

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Intermediate ILS skills

	Techniques and Skills Identification code IS
7.04	Identify and understand price label
7.05	Simple value calculations
7.06	Simple change calculation
7.07	Using a calculator
7.08	Intro to ATM
8.00	**Shopping skills**
8.01	Shopping / Cafe simulation activities
8.02	Shopping game
8.03	Taking on role of shopkeeper appropriately
8.04	Shop identification visual
8.05	Shop identification alternate cues
8.06	Awareness what shops might sell
8.07	Location counter / tills in scenario
8.08	Location counter/tills in store
8.09	Selecting goods
8.10	Paying for goods
8.11	Paying no assistance
8.12	Self service tills
8.13	Pack shopping bag
8.14	Awareness of customer services
8.15	Carrying purchases
8.16	Remember items to buy
8.17	Using shopping list print
8.18	Using shopping list braille
8.19	Using shopping list Mini memo
8.20	Using shopping list Pictographic
8.21	Remember price for third party
8.22	Dealing with store staff appropriately
8.23	Locating price tickets
8.24	Reading price ticket
8.25	Interpreting prices
8.26	Eye contact
8.27	Magnifier

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Intermediate ILS skills

	Techniques and Skills Identification code IS
9.00	**Independent Living Skills food preparation**
9.01	Understanding dangers of electricity
9.02	Understanding dangers of heat
9.03	Understanding dangers of water
9.04	Handwashing before starting
9.05	Use of liquid level indicators * see range
9.06	Pouring cold
9.07	Pouring hot
9.08	Assembly of equipment
9.09	Preparation onto tray
9.10	Spooning from 1 vessel to another
9.11	Spooning from narrower neck jar
9.12	Measuring using large screen display
9.13	Measuring using talking scales
9.14	Measuring using Balance scales
9.15	Measuring using Measuring spoons
9.16	Measuring using Cup
9.17	Measuring using spoons
9.18	Using knife Spreading
9.19	Using safe knife Cutting eg pampered chef
9.20	Using sharp knife
9.21	Grating
9.22	Peeling
9.23	Wash/ scrub veg
9.24	Open packets crisps
9.25	Open drinks bottles
9.26	Opening jars
9.27	Opening tins
9.28	magican opener
9.29	Onetouch opener
9.30	Other preferred opener
9.31	Safe use of kettle with tipper
9.32	Safe use of kettle Without tipper
9.33	Travel kettle
9.34	One cup water heater
9.35	Use of toaster

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Intermediate ILS skills

	Techniques and Skills Identification code IS
9.36	Opening packets cereals
9.37	Opening packets tetrapacks
9.38	Make own breakfast
9.39	Use of microwave - talking
9.40	Use of Manual microwave
9.41	Use of timers
9.42	Washing up
9.43	Keeping surfaces clean and tidy
10.00	**Simple drink snack meal using appropriate skills**
10.01	Squash
10.02	Tea
10.03	Coffee
10.04	Hot Chocolate
10.05	Cereal with milk
10.06	Toast
10.07	Beans on toast
10.08	Sandwiches
10.09	Scrambled egg
10.10	omelette
10.11	Baked potato
10.12	With Cheese filling
10.13	With Beans
10.14	Other fillings
10.15	Pizza
10.16	Soup
11.00	**Chores**
11.01	Make own bed
11.02	Change bedding
11.03	Tidy own things
11.04	Dirty clothes in washing basket

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Intermediate ILS skills

	Techniques and Skills Identification code IS
12.00	**Transition**
12.01	Orient self in new setting
12.02	Locate toilets
12.03	Locate dining
12.04	Strategic classrooms
12.05	Access dining systems (eg electronic pay)
12.06	Appropriate social interaction at breaks

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