

This document is intended to be a resource for social workers focusing on intentional skill development in the Self Care and Independence Skills domain of the Care Plan. The intent is to provide children and youth with opportunities to develop the skills they need so they have a sense of confidence and competence in each area of their life.

Most of the areas below have skills that range from beginning to more advanced. Children and youth may be working on developing skills that they can achieve either independently or with help. This list is not exhaustive but outlines some areas of focus that may be useful when having conversations with the child/youth and care team/circle to determine what skills to work on for each Care Plan.

Personal Hygiene	<ul style="list-style-type: none"> • Communicates needs when he/she requires assistance • Toileting • Dental hygiene (brushing teeth, flossing) • Getting dressed/undressed/choosing clothes to wear/tying shoes • Bathing/showering • Hair care (brushing, washing) • Skin care
Health	<ul style="list-style-type: none"> • Coping skills, managing stress • Self soothing strategies • Strategies for managing sadness or depression • Accessing medical/mental health services (finding a health professional) • Education and management of ongoing developmental/mental/physical health conditions • Using medications/prescriptions safely • Understanding the difference between substance use & abuse • Knowledge of harm reduction techniques • Utilizing harm reduction techniques
Personal Safety Skills	<ul style="list-style-type: none"> • Knows and responds to primary care giver • Expressing discomfort with a situation clearly and appropriately • Maintaining safe distance to/from primary caregiver, especially amongst strangers • Avoiding/maintaining safe distance from dangerous situations (eg. moving cars, fire) • Using the telephone (making and receiving calls) • Understanding the purpose of and how to use 911, the Helpline for Children, Poison Control • Reading and understanding labels for prescriptions/household cleaners etc. • Wearing a seatbelt • Pedestrian/road safety (crossing the street, understanding lights and signs) • Bicycle safety (rules of the road, wearing a helmet, hand signals) • Water Safety (including basic swimming skills) • Safety planning when going out (letting people know where I am, who I will be with, who I can call if I need help) • Sexual safety (contraception, STIs) • Internet safety (see social media section)

<p>Social Skills (including social presentation)</p>	<ul style="list-style-type: none"> • Polite to others (please, thank you, excuse me) • Taking turns (in conversation and activities) • Transitioning from activity to activity with minimal distress • Playing alongside others; moving toward interactive play • Developing empathy • Understanding others viewpoints • Problem solving • Managing conflict • Listening skills • Ability to communicate, express self well in a range of situations • Dressing for the occasion (school, home, job interview etc) • Has a response prepared regarding why he/she is in foster care • Leadership skills • Working with others to complete tasks/goals
<p>House Management</p>	<ul style="list-style-type: none"> • Bedroom/personal space (making the bed, tidying, organizing, cleaning) • Setting the table/clearing the table • Dishes, kitchen cleanliness • House cleaning (dust, vacuum, wash floors, sanitizing) including the bathroom • Recycling/garbage management • Laundry (reading labels, using the washing machine and dryer) • Sewing/ buttons/ repair • Help with meal preparation • Making/cooking healthy meals & snacks • Reading and understanding nutrition labels • Knowledge of good nutrition • Food safety and kitchen hygiene • Meal planning and making a grocery list • Grocery shopping • Caring for pets • Watering plants/garden • Mowing the lawn/Shovelling snow
<p>Budgeting/Finance</p>	<ul style="list-style-type: none"> • Identifying denominations of money/counting and making change • Saving money for things he/she wants • Banking (checking & savings account, using a bank machine, reading bank statements, understanding fees) • Preparing a monthly budget (including monthly savings) • How to read and pay bills (sending in payment or on-line payments) • Understanding the principles of credit • How to file an income tax return • Understanding RRSPs and the Tax Free Savings Account • Understanding "mortgage" and down payment

Accessing Community Resources	<ul style="list-style-type: none"> • Applying for identification • Locating resources and other information using the internet • Making appointments • Accessing community supports and services (food bank, community/rec centre etc.) • Accessing income assistance
Employment/Career Development	<ul style="list-style-type: none"> • Exploring and locating volunteer opportunities • Identifying career interests • Identifying educational requirements for career choice • Résumé Preparation • Preparing job applications • Interview skills • Talking to potential employers • Preparing a list of potential employment opportunities • Understanding employment standards
Housing	<ul style="list-style-type: none"> • How to look for and find housing • Understanding landlord and tenant rights/responsibilities • Understanding Rental Agreements • Understanding security/damage deposits • Identifying and obtaining what he/she needs for his/her home (furnishings/cleaning supplies etc.) • Establishing house rules with roommates • Setting up and managing utility accounts (hydro/gas, telephone) • Understanding the benefits of rental/home insurance and how to get it
Transportation	<ul style="list-style-type: none"> • Using public transportation & reading schedules • Driver's education (learners manual, tests) • Vehicle maintenance (fill a gas tank, add air to a tire for car or bike) • Map reading skills including online resources (i.e. MapQuest)
Time Management	<ul style="list-style-type: none"> • Using an alarm clock/watch • Getting to school/appointments on time • Using a calendar (electronic or date book) • Ability to prioritize tasks/using to do lists
Social Media (and the Internet)	<ul style="list-style-type: none"> • Understanding privacy settings • Understanding the implications of posting personal information and photos • Balancing screen time with the rest of life • Using the internet to research information