

Definitions of Adaptive Behavior Domains

(a) Daily Living/Independent Living Skills:

This domain refers to a range of competencies that are essential for participation in one's daily routines and activities. These competencies cover, but are not limited to, areas such as:

- Eating
- Dressing
- Hygiene
- Health and safety
- Choice-making
- Daily scheduling
- Food preparation
- Seeking assistance when needed
- Self-advocacy
- Household tasks

(b) Social and Interpersonal Skills:

This domain refers to a range of competencies that are essential for participation in one's daily routines and activities. These competencies cover, but are not limited to, areas such as:

- Social behavior
- Peer interactions
- Showing appreciation
- Cooperation
- Turn-taking
- Appropriate play skills
- Showing concern for others
- Requesting
- Self-esteem
- Initiating conversation or play
- Recognizing or responding to social cues
- Resolving problems
- Social judgment
- Language of social interaction

(c) Communication Skills:

This domain refers to a range of competencies that are essential for participation in one's daily routines and activities. These competencies cover, but are not limited to, areas such as:

- | <u>Forms of Communication</u> | <u>Functions of Communication</u> |
|---|-----------------------------------|
| • Gestures | • Requests |
| • Cues | • Comments |
| • Facial expression | • Protests/rejection |
| • Symbolic language: spoken language;
written language | • Gain attention |
| • Non-symbolic language | • Choice-making |
| • Assistive technology | • Express wants and needs |
| | • Behavior as communication |

(d) Academic Skills:

This domain refers to a range of competencies that are essential for participation in one's daily routines and activities. These competencies cover, but are not limited to, areas such as:

- Handling money
- Basic math
- Managing time
- Environmental/survival words
- Life skills vocabulary
- Pre-literacy skills
- Basic science
- Basic geography
- Basic social studies
- Calendars/scheduling
- Basic writing

(e) Recreation and Leisure Skills:

This domain refers to a range of competencies that are essential for participation in one's daily routines and activities. These competencies cover, but are not limited to, areas such as:

- Choosing and initiating activities
- Expanding awareness of interests and skills

- Turn-taking
- Accessing activities
- Following safety guidelines
- Individual and group activities
- Accessing options in the home, school, and community settings
- Mastery of steps/directions for participation

(f) Community Participation Skills:

This domain refers to a range of competencies that are essential for participation in one's daily routines and activities. These competencies cover, but are not limited to, areas such as:

- Knowledge of community resources, facilities, and programs
- Travel skills to access the community
- Ability to access community resources, facilities, and programs, including: transportation, recreation, housing, safety, shopping, health care, groups, clubs, restaurants, and agencies

(g) Work and Work-Related Skills:

This domain refers to a range of competencies that are essential for participation in one's daily routines and activities. These competencies cover, but are not limited to, areas such as:

- Completion of tasks
- Awareness of schedules
- Knowledge of job options
- Knowledge of support needs
- Developing job skills
- Accepting direction
- Demonstrating independent work habits
- Ability to work with others
- Work ethics
- Career exploration
- Accessing training