

Home Management-Housekeeping

Adapted with permission from the Helen Keller National Center

The purpose of this checklist is to consider some specific skill sets that correlate with living a holistic and successful life and to determine whether the “gaps” are things that you, as the parent, are going to purposely teach; whether partial participation can be expected, or if this is something that needs to be done for their son/daughter, honoring his/her choices as much as possible.

The young adult:	Teach it	Do I (or does he/she) want to learn it?	Partial Participation	Fully support (do for)
Washes dishes and utensils				
Dries-puts away dishes, utensils				
Clears table/counter/stovetop				
Stores leftovers				
Wipes table/counter/stovetop				
Throws away empty food containers				
Takes out trash				
Replaces trash bag				
Cleans out refrigerator				
Discards unusable foods				
Defrosts refrigerator				
Sweeps				
Mops				
Vacuums				
Dusts/waxes				
Cleans mirrors/windows				
Makes bed				
Shakes rug				
Cleans appliances				
Puts away possessions				
Changes linens				
Turns off lights				
Uses cleaning products				
Puts away cleaning products/materials				
Cleans bathtub				
Cleans shower				
Cleans toilet				
Cleans sink				

Maintains linen closet				
Cleans oven				
Cleans spills				



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