

## Home Management-Grocery Shopping

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	Does he/she (do I) want to learn it?	Partial Participation	Fully support (do for)
Contributes items to be purchased				
Prepares a grocery list				
Locates items in the store				
Navigates shopping cart in store to counter				
Places items on counter				
Waits in line				
Pays for items				
Knows when to wait for change				
Pushes cart to vehicle				
Returns cart to store or cart corral				
Unloads and carries items into residence				
Stores items, puts them away in organized fashion				
Folds grocery bags				
Stores grocery bags				
Gets to and from store				



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