

LIFE SKILLS LIBRARY

The Life Skills Library — Overview

AdaptAbility Co. The other half of the work, written down. The fitness library trains the body. This one trains the daily living that independence is actually made of, getting dressed, personal care, the kitchen, money, getting around, keeping a space. Same methodology, same two dials, same capability-forward heart. Built so a family can run it at home, and built to become the app's spine when it ships. Read [Adaptive Programs by Community/01 Our Philosophy and Promise](#) first.

◆ Why this exists

AdaptAbility Co has always been two things: training and life skills coaching. The program library covered the first half completely and the second half not at all, which meant we were selling people half of what we actually do. This is the missing half. It's the necessary skills adults need to function, the ones that decide whether a person can live more independently, taught the same way we teach a squat: broken down, met where they are, and never done for them.

And it's the most direct answer there is to the question under every parent's 2 AM: what happens to them when I'm gone. Every life skill a person gains is a piece of that answer. This library is how we hand families the pieces.

◆ Organized the way the app is (by activity of daily living)

The Life Skills Library uses the same architecture as the app, so the take-home version and the "virtual me" speak one language, and every program here becomes an app module later. Five categories:

- **Getting Dressed and Personal Care.** Dressing, buttons and zippers and fasteners, grooming, brushing teeth, hygiene, the whole morning routine.
- **The Kitchen.** Simple safe cooking, using the fridge and microwave, making a basic meal, cleaning up, kitchen safety.
- **Money and Shopping.** Recognizing money, paying, making a purchase, a shopping list, waiting for change, basic budgeting at a real-life level.
- **Getting Around.** Moving through a store or a crowd, crossing safely, getting in and out of a vehicle, the basics of using transportation.
- **Keeping a Space.** Laundry, making a bed, tidying and organizing, a simple daily routine that holds a home together.

Each category gets an overview and one or more programs, exactly like the fitness communities.

◆ The method (same as everywhere)

- **Break the skill into steps (task analysis).** Every daily task is a chain of small steps. We name each one, then teach the chain.

- **Backward chaining, most of the time.** Do all the steps for them except the last, and let them finish it, so they end on a win they own. Then hand back the second-to-last step, and the next. They build the skill from the finish line backward, always ending successful.

- **Prompt in order, then fade.** Show, then guide, then tell, least help first, and pull each prompt back as they pick it up. Any unnecessary help is a hindrance. The goal is a person who does it themselves, not a person who waits for you.

- **Disguise it and make it real.** A life skill practiced inside a task the person cares about sticks. Real clothes, real food, real money, real rooms. Concrete first, always.

- **Read the two dials.** Support level (Hands-On, Shared, Light) and functionality, fresh, for the person in front of you. Snowflake principle. The same program flexes to the person.

- **Dignity is the whole thing.** These are adults, or kids becoming adults, learning to run their own lives. We teach like it. Never babyish, never doing-for, never pity. Capability-forward, every step.

◆ The layer above (the Roundtable and the five dimensions)

The framework layer for this library lives in `Outputs/02 Roundtables/Life Skills Roundtable/`: the honest audit, the twelve-seat expert roundtable, the Five Dimensions Matrix, and the Human Qualities Curriculum. Every program here now carries a five dimensions check (physical, practical, social, emotional, decisional), so no skill gets taught as steps alone. The decisional dimension is the one typical programs skip, and it's the one that turns a person who can do tasks into a person who runs their own life. A sibling table now covers the movement side (`Outputs/02 Roundtables/Movement Roundtable/`), and its two newest contributions to this library are the Water and Stillness programs below.

The environment does half the teaching, and that's a design rule across the library: set the space up so independence is physically possible (reachable hooks, labeled drawers, supplies where the person can get them), design tasks so the task itself shows the result without an adult's verdict (the receipt, the picture-matched drawer, the mirror at the end of the chain), and let the learner own their progress record wherever they can. Montessori built this way of teaching for our population first, in 1900, and the full lineage is credited in the Roundtable files.

◆ How it pairs with everything else

- **With the fitness library.** Many life skills are movement skills wearing clothes, getting up from a chair, holding and gripping, carrying. The fitness programs build the raw capacity; the life-skills programs point it at a real task. They intertwine.
- **With the add-ons.** The Caregiver Companion, the Sensory Adaptations, the Visual / Picture-Card format, the Coach's Quick Start, and the Wins Journal all apply here the same as to the workouts. A dressing routine as picture cards, run in a sensory-friendly way, tracked as wins, is exactly this library at its best.
- **With the app.** Every program here is a future app module, already organized the app's way. Nothing gets rebuilt, it gets pointed at the person, then poured into the product.

◆ What's built

The full library is drafted, every program on the same mold set by the flagship.

- **Getting Dressed and Personal Care**

(`Life_Skill_Getting_Dressed_and_Personal_Care.md`) — the flagship, format-setter.

- **Kitchen and Cooking Safety**

(`Life_Skill_Kitchen_and_Cooking_Safety.md`) — the cold kitchen through the stovetop, safety woven into every step.

- **Money and Shopping** (`Life_Skill_Money_and_Shopping.md`) —

recognizing money through a real purchase, built on the next-dollar-up strategy.

- **Keeping a Space** (`Life_Skill_Keeping_a_Space.md`) — laundry, a made

bed, tidying, and the daily routine that holds a home.

- **Getting Around** (`Life_Skill_Getting_Around.md`) — moving through

the world and crossing safely, the highest-stakes teaching in the library, handled with the most care.

- **Body Safety and Self-Advocacy**

(`Life_Skill_Body_Safety_and_Self_Advocacy.md`) — body autonomy, safe and unsafe touch, saying no, telling, and spotting a tricky person. The take-home front door to the full framework in `Outputs/03 Certification/Body Safety and Self-Advocacy/`. On-mission, differentiating, handled with care.

- **Water Safety and Swimming**

(`Life_Skill_Water_Safety_and_Swimming.md`) — safe first, confident second, swimming third. Drowning risk in this community is real and mostly unspoken, so this one is taught like Getting Around: full support first, faded slowly, never tested. Written from Jake's own water years (swim team, lifeguard, teaching the JCC kids to swim).

- **Stillness and Slowing Down**

([Life_Skill_Stillness_and_Slowing_Down.md](#)) — the breath ladder, held positions, rest as a skill, and the wind-down that fixes bedtime. "Calm down" taught as a skill with reps instead of said as a command. Pairs with every other program in the library, because regulation is the floor under all of them.

Two navigation tools sit alongside the programs:

- **Life Skills — How to Choose** ([Life_Skills_How_to_Choose_Router.md](#)) — the one-page router that lands a family on the right program to start.

- **Find Your Starting Point**

([Find_Your_Starting_Point_Family_Self_Check.md](#)) — a short family self-check that turns our intake and routing sheet into a few-minute quiz landing on the right community, support level, and first goal.

Getting Around, Body Safety and Self-Advocacy, and Water Safety and Swimming are the three safety-first programs, and any of them can jump the line ahead of the others when safety is a live worry. Water jumps the line hardest when wandering is part of the person's life. Every program becomes an app module later, already organized the app's way.

These programs are for coaching and skill-building, not medical or therapy advice. For significant needs, an occupational therapist is a powerful partner and this library is built to work alongside their plan.

This program is for coaching and skill-building, not medical, legal, or therapy advice. Individual needs vary; for significant motor, sensory, communication, or behavioral needs, coordinate with the person's occupational therapist, speech therapist, or care team.