

Orientation & Mobility Skills You Can Practice At Home

Social Skills:

Responds to one-step commands by parent (e.g. "stand," "sit," "walk," "stop," "go," etc.)		
Faces the person with whom he/she is speaking		
Good upright Posture, while walking from place to place in the house or in the neighborhood		
Able to take turns talking awhile asking or answering simple questions		
Shakes hands properly		

Daily Living Skills:

1. Maintains overall good personal hygiene – toileting, bathing, washing hands, comb hair, teeth brushing, personal hygiene
2. Ties/unties own shoes, put on socks, put on shoes, slip on shoes, Velcro shoes, tie shoes
3. Snaps/unsnaps - buttons/unbuttons clothing
4. Zips/unzips - clothing/backpack
5. Can identify different materials (wood, plastic, metal etc.)
6. Recovers dropped objects
7. Keeps track of personal items
8. Able to use telephone
9. Knows personal ID, address, phone number
10. Can tell time
11. Money Concepts: recognizes coins, knows coin value, adds/subtracts - coins/bills, uses money folding system, realistic concept of prices

General O&M Concepts:

Facial Parts & Body Image & Awareness
1. Facials parts (e.g. nose, mouth, eyes, chin, ears, cheeks)
2. Body parts (e.g. head, arms, legs, wrist, waist)
3. Body planes (e.g. front, top, bottom, side, back)
Spatial Concepts
1. Positional Concepts (e.g. next to, between, toward, away, forward, near, far, above, below, in front, bottom, top, over, under, parallel, perpendicular)
2. Lateral Directions (left/right) to:
a) Self
b) Others
c) Objects
3. Cardinal (compass) Directions: North, South, East, West
a) Names the 4 directions
b) Identifies opposite directions N/S, E/W
c) Knows location of E/W/S in relation to North

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4. Degree turns: quarter turn = 90, half turn = 180, full turn around = 360

Environmental Concepts:

1. Indoor concepts (e.g. doors, hallways, stairs, textures, surfaces)

2. Contours (e.g. incline/decline; slope right/left)

3. Textures (smooth, rough, hard, soft)

Other Concepts:

1. Geometrical shapes (e.g. circle, square, rectangle, triangle, octagon, other)

2. Quantitative concepts (e.g. big/little; short/tall; long/short; narrow/wide; shallow/deep)

3. Use of the sun to establish direction ; sun is in the South/East in the morning, South at noon, and South/West late afternoon

Home/Neighborhood Travel Skills:

1. Locates their seat at kitchen table

2. Travels from room to room w/o contacting objects or people

3. Finds pertinent areas and objects each room of their home without help

Outdoor/Neighborhood Travel

1. Detects stairs using cane or vision

2. Ascends & descends stairs on the right side, holding hand rail, cane in front and one step ahead.

3. Locates open/closed doors by themselves

4. asks for help when needed

5. Locates pertinent places near home, walkway, drive-way, mailbox, play area, garage, front sidewalk...

6. Safely maneuvers around pedestrians

7. Safely maneuvers around obstacles

Basic Cane Skills:

1. Folds/unfolds cane

2. Wraps elastic around cane

3. Stores cane properly (e.g. pouch, under desk or table, etc.)

4. Maintains cane in working order

5. Uses cane responsibly

Basic Residential Concepts:

Basic Block Concepts- Identifies:

1. Sides of block – North Side, South Side, East Side, West Side

2. Corners – where two streets bump into each other = makes a corner, makes several corners

3. Intersecting sidewalks – at a corner where two sidewalks meet

4. Parallel/perpendicular sides – Parallel = ||, Perpendicular = ⊥

Location of:

1. Sidewalk

2. Driveway

3. Walkway

4. Addresses

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Basic Street Concepts- Identifies:
1. Street sides
2. Street continuation
3. 4 corners at an intersection
4. T-intersection- one street goes through the intersection and on street stops at the intersection = T
5. Location of stop signs – stop signs are at the corners of the intersection where cars need to stop
6. 2 way stop intersection – one street must stop the other street has no stop signs
7. 4 way stop sign – both streets have stop signs, all four ways must stop
8. Boulevard stop - one busy street you cannot cross and one small street with a stop sign that you can cross
9. Matche each street with the correct street sign name – the sign and the street go in the same direction =
10. Crosswalks – where are they and what do they look like, what are they for?
11. Parallel / perpendicular street – two streets going in the same direction are Parallel, two streets that cross are Perpendicular
12. Cul-de-sac/Dead end
Light Business/Business Concepts - Can Identify and knows function of:
1. Alleys
2. Bus sign & bus bench
3. Fire hydrant
4. Mailbox
5. Parking lot
6. Parking meters
7. light Pole

Community Experiences:

Market
1. Knows layout of market
2. Solicits assistance
3. Able to push/pull cart
4. Able to locate needed items
5. Locates cashier & end of line
6. Puts items on counter
7. Pays correctly
8. Exits store
Shopping Mall
1. Locates mall entrance safely
2. Solicits assistance
3. Locates specific stores
4. Navigates safely around stores
5. Conducts business & transactions correctly
6. Able to approach & determine the direction of the escalator
7. Uses escalator/elevator
8. Relocates initial entrance
Post Office or Bank
1. Solicits aid when needed
2. Locates & waits in line
3. Steps up to counter when called
4. Conducts business appropriately
5. Uses ATM

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Restaurants
1. Locates table
2. Orders meal
3. Locates objects on table
4. Uses proper table manners
5. Locates restroom
6. Pays bill
7. Relocates exit
Private Car
1. Locates door and enters correctly
2. Puts on seat belt
3. Locks/unlocks doors
4. Opens door and exits correctly