

Time  
management

Talking to  
professionals

Budgeting

Health and  
safety

Communication

Dealing with  
emergencies

Organizing

Adapting

Compassion

Hygiene

Managing a  
household

Shopping

People skills

Problem  
solving

Lifting

Representing

Negotiating

Driving

Assertiveness

Cleaning

First aid

Remembering

Empathy

Crisis  
management

Compromising

Standing up  
for myself

Cooking

Giving  
medication

Making  
decisions

Juggling

Planning

Knowledge