

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