

National Center on Deaf-Blindness



Transition Activities

Clothing Check

Topic:

Clothing Check will help your son/daughter develop skills and use the supports that will aid in employment success as an adult.

Overview:

We dress differently for different purposes or occasions. How we dress for work is different than how we dress to go hiking. How aware of clothing choices is your son/daughter? Does he/she pick out his/her own clothes? Shop for his/her own clothes? Wash, dry and care for them? Does he/she know which colors go together and have a system for recognizing them?

In this process of getting your son/daughter ready for transition to adulthood and the world of employment, we use this activity to up the ante—increase the level of responsibility your son/daughter takes for all things clothing.

Outcomes for your child's transition development:

Your son/daughter will increase in the skills for selecting and caring for clothing as a part of his/her daily routine in preparing for adult life in the community.

Activity Directions:

1. Have your son/daughter evaluate how much responsibility he/she takes for all aspects of his/her clothing.
 - a. Ask him/her to choose one, two or three things he/she can do to increase his/her own participation.
2. Have your son/daughter set out "outfits" (clothes that go together) he/she could wear to work.
 - a. If your son/daughter does not have a strategy for knowing which clothes go together or "match", the VisionAware website is a great resource. Read the article entitled: "Organizing and Labeling Clothing when you are Blind or Have Low Vision." It describes techniques and systems available for the task.
<http://www.visionaware.org/info/everyday-living/essential-skills/personal-self-care/organizing-and-labeling-clothing/1235>

3. Keep this process up until your son/daughter is as fully responsible as he/she is able for all things clothing.

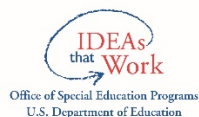
Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

Always provide choices that are relevant to your son/daughter. You could put two outfits out on the bed and have him/her choose which one he/she would like to wear today. Or discuss the weather forecast to see if it will influence the clothing choice for the day.

Ideas for Increasing the Complexity of the Activity

N/A



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