

Top 10 Adaptive Behavior Domains–Broadly Defined

Domain	Definition
1. Self-Care/Hygiene	Skills leading to a functional outcome related to caring for or maintaining one's own body, including for example cleanliness, maintaining a neat appearance, and attending to bodily functions (toileting, menstrual care, etc.)
2. Dressing	Skills leading to a functional outcome related to putting on/ removing any items of clothing to be worn on one's body
3. Health/ Safety	Skills leading to a functional outcome related to maintaining safety from physical harm, including: prevention of harm, care for oneself after harm has been done, responding during emergencies, preventative care, and alleviation of symptoms
4. Cleaning/ Care of Home	Skills leading to a functional outcome related to maintaining neat/clean/organized home
5. Cleaning/ Care of Clothing	Skills related to maintaining neat/clean/organized clothing
6. Mealtime	Skills leading to a functional outcome related to consuming food/drink including cooking, preparing, eating/drinking, serving, cleaning after meals, etc.
7. Social Skills	Skills leading to a functional outcome related to vocally or non-vocally interacting with another person, beyond simple requests for preferred items/activities
8. Community Engagement	Skills leading to a functional outcome related to effectively navigating through and participating in all locations outside of a school or home environment
9. Self-Management	Skills leading to a functional outcome related to remaining free of disruptive, problematic behavior in any context, tolerating nonpreferred environments, as well as behaviors related to monitoring and modifying one's own behavior
10. Leisure/ Recreation	Skills leading to a functional outcome related to engaging in behaviors that are meant to occupy down time, enjoyment, relaxation, etc.