



## ***Using Video Prompting to Teach Independent Living Skills***

**Objective:** To teach students reading comprehension skills.

### **Setting and Materials:**

**Settings:** Small class sizes (3-5 students per group); independently with students 1-1

### **Materials:**

- Task analysis for each skill (Appendix A)
- Data sheet for each skill (Appendices B-H)

### **Content Taught**

Students are taught independent living skills (i.e., making spaghetti, cleaning the dining room, making macaroni and cheese, cleaning porches, cleaning the living room, and mailing a letter).

### **Teaching Procedures**

- \*\*\*Premade videos enacting each skill (consider using the Keynote App and present videos (or a static picture) with the ability to pause after each step/rewind or re-watch a step via iPad® which stores all videos for each skill).
- Begin instruction in the area the skill will be completed.
- Verbally prompt students to watch the video if needed or, when skill is learned, cue beginning a skill with the presentation of a static picture.
- Collect data on task analysis (Appendices B-H)

### **Evaluation**

Measure student mastery using the data sheets for each skill in Appendix B-H. Aim for 80% accuracy or higher per skill.

### **Lesson Plan Based on:**

Kellems, R. O., Rickard, T. H., Okray, D. A., Sauer-Sagiv, L., & Washburn, B. (2018). iPad video prompting the teach young adults with disabilities independent living skills: A maintenance study. *Career Development and Transition for Exceptional Individuals*, 41, 175–184. doi: 10.1177/2165143417719078

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### Appendix A

**Table 1.** Task Analysis for Selected Tasks.

Making spaghetti	Cleaning dining room	Making mac and cheese	Cleaning back porch	Cleaning front porch	Cleaning living room	Mailing a letter
1. Wash hands	1. Get supplies	1. Wash hands	1. Get supplies	1. Get supplies	1. Get supplies	1. Get supplies
2. Get spoon	2. Dust ceilings	2. Pull up sleeves	2. Dust around	2. Dust around	2. Turn off	2. Fold paper into thirds
3. Get pot	corners/walls	3. Get utensils	outside door	outside door	fireplace	3. Place paper into envelope
4. Get hot mitts	3. Dust pictures and fan	4. Get ingredients	3. Stack chairs	3. Wipe railing	3. Dust TV	4. Place stamp on postcard
5. Get measuring cup	4. Clean table	5. Fill pot with four cups of water	4. Wipe off table	4. Shake-out rugs and sweep	4. Wipe off desk	5. Place postcard in envelope
6. Get strainer	5. Move chairs	6. Turn to HIGH	5. Wash sliding door	5. Sweep ramp	5. Clean craft table	6. Write address on envelope
7. Get spaghetti	6. Vacuum around table	7. When water boils, turn stove to medium	6. Water plant box	6. Dust ceiling and walls	6. Dust air conditioner	7. Place stamp on envelope
8. Get parmesan cheese	7. Return chairs	8. Add mac to water	7. Dust plant stand	7. Move rug and vacuum	7. Wipe off fireplace	8. Seal envelope
9. Get sauce	8. Put napkins in basket	9. Set time to 10 min	8. Sweep patio	8. Clean mirror	8. Take out recycling	9. Place in mailbox
10. Fill pot with our cups of water	9. Clean window	10. Stir mac		9. Mop front entry		10. Put away supplies
11. Turn to HIGH	10. Put away supplies	11. Turn on fan				
12. Wait until water boils		12. When timer sounds, drain mac				
13. Add noodles to pot		13. Stir in cheese packet				
14. Set timer to 9 min		14. Put on plate				
15. Stir noodles		15. Clean up				
16. Put on mitts						
17. Drain noodles						
18. Measure one cup of sauce						
19. Put sauce on noodles						
20. Put spaghetti on plate						

(Kellems et al., 2018)

Appendix B

Data Collection Form: Cooking Spaghetti				Student Name:				
Step								
1. Wash hands								
2. Get spoon								
3. Get strainer								
4. Get pot								
5. Get hot mitts								
6. Get measuring cup								
7. Get strainer								
8. Get spaghetti noodles								
9. Get parmesan cheese								
10. Get tomato sauce								
11. Fill pot with four cups of water								
12. Turn stove on to high (7-8)								
13. Wait until water boils (7 min)								
14. Add spaghetti noodles to pot								
15. Set timer to 9 min								
16. Stir noodles often and watch to avoid boiling over								
17. Put on hot mitts								
18. When timer sounds, drain								

noodles using strainer								
19. Measure 1 cup of sauce								
20. Put spaghetti on plate								
21. Sprinkle with parmesan cheese								
22. Clean up								
<b>Total Independent =</b>	____/22	____/22	____/22	____/22	____/22	____/22	____/22	____/22
<i>*Goal = 80% independent (18/22)</i>	_____%	_____%	_____%	_____%	_____%	_____%	_____%	_____%
<b>Date</b>								
<b>Data collector</b>								
<u><b>Key</b></u> I = Independent VP = Verbal Prompt G = Gesture RW = Re-Watched Skill	<u><b>Notes</b></u>							

Appendix C

Data Collection Form: Cleaning Dining Room				Student Name:				
Step								
1. Get cleaning supplies								
2. Dust ceilings, corners, walls								
3. Dust pictures and fan								
4. Clean table								
5. Move furniture								
6. Vacuum								
7. Return furniture								
8. Put napkins in basket								
9. Clean window								
10. Put away supplies								
<b>Total Independent =</b>	____/10	____/10	____/10	____/10	____/10	____/10	____/10	____/10
<i>*Goal = 80% independent (8/10)</i>	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %
<b>Date</b>								
<b>Data collector</b>								
<b><u>Key</u></b>	<b><u>Notes</u></b>							
I = Independent VP = Verbal Prompt G = Gesture RW = Re-Watched Skill								

Appendix D

Data Collection Form: Cooking Mac and Cheese				Student Name:				
Step								
1. Wash hands								
2. Get ingredients								
3. Get pot								
4. Get hot mitts								
5. Get measuring cup								
6. Get strainer								
7. Fill pot with four cups of water								
8. Turn stove to high (7-8)								
9. Wait until water boils (7 min)								
10. Add noodles to water								
11. Set timer to 9 min								
12.								
13. Add spaghetti noodles to pot								
14. Stir noodles often and watch to avoid boiling over								
15. Put on hot mitts								
16. When timer sounds, drain noodles using strainer								
17. Stir in cheese								
18. Put spaghetti on plate								
19. Clean up								

<b>Total Independent =</b>	____/19	____/19	____/19	____/19	____/19	____/19	____/19	____/19
<i>*Goal = 80% independent (16/19)</i>	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %
<b>Date</b>								
<b>Data collector</b>								
<b><u>Key</u></b> I = Independent VP = Verbal Prompt G = Gesture RW = Re-Watched Skill	<b><u>Notes</u></b>							



Appendix E

Data Collection Form: Cleaning Back Porch				Student Name:				
<b>Step</b>								
1. Get cleaning supplies								
2. Dust around outside door								
3. Stack chairs								
4. Wipe off table								
5. Wash sliding door								
6. Water plant box								
7. Dust plant stand								
8. Sweep patio								
<b>Total Independent =</b>	____/8	____/8	____/8	____/8	____/8	____/8	____/8	____/8
<i>*Goal = 80% independent (7/8)</i>	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %
<b>Date</b>								
<b>Data collector</b>								
<b>Key</b>				<b>Notes</b>				
I = Independent VP = Verbal Prompt G = Gesture RW = Re-Watched Skill								

Appendix F

Data Collection Form: Cleaning Front Porch				Student Name:				
Step								
1. Get cleaning supplies								
2. Dust around outside door								
3. Wipe railings								
4. Shake-out rugs and sweep porch								
5. Sweep steps/ramp								
6. Dust ceiling and walls								
7. Remove rug and vacuum								
8. Clean mirror								
9. Sweep entry								
10. Mop entry								
<b>Total Independent =</b>	____/10	____/10	____/10	____/10	____/10	____/10	____/10	____/10
<i>*Goal = 80% independent (8/10)</i>	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %
<b>Date</b>								
<b>Data collector</b>								
<p><b>Key</b></p> <p>I = Independent            VP = Verbal Prompt            G = Gesture            RW = Re-Watched Skill</p>	<p><b>Notes</b></p>							

Appendix G

Data Collection Form: Cleaning Living Room				Student Name:				
<b>Step</b>								
1. Get cleaning supplies								
2. Turn off fireplace								
3. Dust TV								
4. Wipe off desk								
5. Clean craft table								
6. Dust off air conditioner								
7. Wipe off fireplace								
8. Take out recycling								
<b>Total Independent =</b>	____/8	____/8	____/8	____/8	____/8	____/8	____/8	____/8
<i>*Goal = 80% independent (7/8)</i>	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %
<b>Date</b>								
<b>Data collector</b>								
<b>Key</b> I = Independent VP = Verbal Prompt G = Gesture RW = Re-Watched Skill	<b>Notes</b>							

Appendix H

Data Collection Form: Mailing a Letter				Student Name:				
Step								
1. Get supplies								
2. Fold paper into thirds								
3. Place paper into envelope								
4. Place stamp on postcard								
5. Place postcard in envelope								
6. Write address on envelope								
7. Place stamp on envelope								
8. Seal envelope								
9. Place in mailbox								
10. Put away supplies								
<b>Total Independent =</b>	____/10	____/10	____/10	____/10	____/10	____/10	____/10	____/10
<i>*Goal = 80% independent (8/10)</i>	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %
<b>Date</b>								
<b>Data collector</b>								
<b><u>Key</u></b>	<b><u>Notes</u></b>							
I = Independent VP = Verbal Prompt G = Gesture RW = Re-Watched Skill								