

Adaptive functioning is the way we function in our everyday lives and in different settings
There are different areas that people can have deficits within adaptive functioning

Communication



It can be difficult:

- to describe things that have happened
- to give instructions
- to convey thoughts, feelings and needs
- to pause when talking and to listen instead
- to take in information and give a reply

In the community



It can be difficult:

- to travel alone by bus or train
- to find out civic information
- to fill out forms
- to contact health services
- to participate fully in ones children's schooling

Everyday skills



It can be difficult:

- to work out how much food and money one needs
- to understand how much time different things take
- to seek information
- to sort out what is important from that which is not important

Household tasks



It can be difficult:

- to know what to do and how often it needs to be done
- to know how a household task should be done and how long it will take
- to do things according to plan, such as shopping for food and cleaning
- to get started on household tasks

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Leisure time



It can be difficult:

- to get involved in leisure activities for oneself or one's child
- to know what sorts of activities are suitable
- to take part in larger group activities
- to know what is expected of the parent
- to understand instructions

Health and hygiene



It can be difficult:

- to set up and maintain routines when it comes to
- sleep
 - food
 - personal hygiene
 - exercise
 - recuperation

Self-control



It can be difficult:

- to decide what is most important for the family
- to tackle what is difficult
- to find solutions in unexpected situations
- to see how different parts are connected
- to be punctual and tell people if one is going to be absent
- to understand situations in the same way as others do
- to understand why a situation causes concern

Relationships



It can be difficult:

- to understand what is expected in social settings
- to understand other people's gestures
- to understand other people's facial expressions
- to listen to what other people say and understand what they mean
- to interpret and understand other people's feelings and act accordingly