



The Scope and Sequence

Within Skill Domains

Essential for Living includes seven skill domains and one domain on problem behavior. Skills are designated as: **must-have**, **should-have**, **good-to-have**, and **nice-to-have** within each skill domain. Must-have skills, also referred to as *The Essential Eight Skills*, are generally more functional and less difficult and should be assessed and taught first, followed by *should-have*, *good-to-have*, and *nice-to-have* skills, which are progressively less functional (with a few exceptions) and more difficult. Table 1 describes the scope and sequence of Essential for Living 'within skill domains', that is, the skills in each domain from *must-have* to *nice-to-have*, their skill numbers, and their page numbers in *The Professional Practitioner's Handbook* [EFL], *The Assessment and Record of Progress* [ARP] Manual, and *The Essential Assessment and Record of Progress* [EARP] Manual. **The Must-have skills**, that is, **The Essential Eight**, are part of Skill Domains 1, 2, 4, and 6, and, along with **Problem Behavior**, are highlighted in bold, black print.

The Scope and Sequence of Essential for Living within Skill Domains

Chapter 7. Speaking and Listening Skills

7a. **Domain 1: Requests and Related Listener Responses (R)**(EFL-113, ARP-21, EARP-7)

Must-have Requests and Related Listener Responses

Indications of Interest and Making Requests.....	R1-5, R6, R7-8(EFL-115, ARP-21, EARP-7) R14, R17-21
Waiting.....	R9(EFL-121, ARP-23, EARP-9)
Accepting Removals, Making Transitions, Sharing, and Taking Turns.....	R10, R12-13(EFL-121, ARP-23, EARP-9)
Completing 10 Consecutive, Brief, Previously Acquired Tasks.....	R11(EFL-121, ARP-24, EARP-10)
Accepting 'No'.....	R15-16(EFL-122, ARP-25, EARP-11)

Should-have Requests and Related Listener Responses

Making Requests.....	R22-24, R27-28, R30-31 (EFL-124, ARP-27) R33-39, R41, R43-45, R47-48
Waiting.....	R25(EFL-125, ARP-28)
Accepting 'No'.....	R26, R32, R40, R42.....(EFL-125, ARP-29)
Completing 20 Consecutive, Previously Acquired Tasks.....	R29(EFL-126, ARP-31)
Responding Appropriately to Removals by Peers.....	R46(EFL-129, ARP-35)

Good-to-have Requests and Related Listener Responses

Making Special Requests.....	R49-70(EFL-130, ARP-36)
Making Requests that Require 2-4 Words, Signs, or Pictures.....	R71-79(EFL-133, ARP-38)

Nice-to-have Requests and Related Listener Responses

Making Advanced Requests.....	R80-83(EFL-135, ARP-40)
Requesting Information.....	R84-88(EFL-136, ARP-41)
Other Advanced Requests.....	R89-90(EFL-137, ARP-42)

7b. **Domain 2: Listener Responses, Names, and Descriptions (LR, LRND)**(EFL-145, ARP-44, EARP-14)

Must-have Listener Responses

Following Directions Related to Health and Safety.....	LR1-11(EFL-148, ARP-44, EARP-14)
--	---

Should-have Listener Responses

Following Directions to Complete Routine Activities...	LR12-17.....(EFL-151, ARP-45)
--	-------------------------------

The Scope and Sequence of Essential for Living within Skill Domains (cont.)

7b. Domain 2: Listener Responses, Names, and Descriptions (LR, LRND) [cont.].....(EFL-145, ARP-44)

Good-to-have Listener Responses, Names, and Descriptions

Recognizing, Retrieving, and Relocating Items,
 Completing Activities, and Naming Items and
 Describing Activities that are Part of Routine Events... LRND1-13.....(EFL-153, ARP-47)

Routine Events 1-3 the First Time Around.....	LRND1.1-3.1	rec ret rel(EFL-154, ARP-47)
		comp nd	
Routine Events 4-6 the First Time Around.....	LRND4.1-6.1	rec ret rel(EFL-154, ARP-53)
		comp nd	
Routine Events 1-3 the Second Time Around.....	LRND1.2-3.2	rec ret rel(EFL-154, ARP-47)
		comp nd	
Routine Events 7-13.....	LRND7-13	rec ret rel(EFL-156, ARP-59)
		comp nd	
Routine Events 1-3 the Third Time Around.....	LRND1.3-3.3	rec ret rel(EFL-157, ARP-48)
		comp nd	
Routine Events 4-6 the Second Time Around.....	LRND4.2-6.2	rec ret rel(EFL-157, ARP-54)
		comp nd	

Nice-to-have Listener Responses, Names, and Descriptions

Recognizing, Naming and Describing
 Physical Sensations or Emotions..... LRND14-15.....(EFL-160, ARP-73)

Event 14 -- Pain or Discomfort.....	LRND14	rec nd req(EFL-160, ARP-73)
Event 15 -- Sadness, Happiness, or Anger.....	LRND15	rec nd req(EFL-161, ARP-73)

7c. Domain 3: Answers to Questions and Conversations (AQ, C)(EFL-167, ARP-74)

Good-to-have Answers to Questions

Answering Questions that are Part of Routine Events.. AQ1-13.....(EFL-174, ARP-74)

Routine Events 1-3 the First Time Around.....	AQ1.1-3.1(EFL-174, ARP-74)
Routine Events 4-6 the First Time Around.....	AQ4.1-6.1(EFL-174, ARP-78)
Routine Events 1-3 the Second Time Around.....	AQ1.2-3.2(EFL-175, ARP-75)
Routine Events 7-13.....	AQ7-13(EFL-176, ARP-81)
Routine Events 1-3 the Third Time Around.....	AQ1.3-3.3(EFL-176, ARP-75)
Routine Events 4-6 the Second Time Around.....	AQ4.2-6.2(EFL-176, ARP-78)

Nice-to-have Answers to Questions

Answering Questions about
 Physical Sensations or Emotions..... AQ14-15..... (EFL-178, ARP-88)

Event 14 -- Pain or Discomfort.....	AQ14 (EFL-178, ARP-88)
Event 15 -- Sadness, Happiness, or Anger.....	AQ15 (EFL-178, ARP-89)

Good-to-have Conversations

Participating in Conversations that are Part
 of Routine Events..... C1-13.....(EFL-181, ARP-90)

Routine Events 1-3 the First Time Around.....	C1.1-3.1(EFL-181, ARP-90)
Routine Events 4-6 the First Time Around.....	C4.1-6.1(EFL-181, ARP-90)
Routine Events 1-3 the Second Time Around.....	C1.2-3.2(EFL-182, ARP-90)
Routine Events 1-3 the Third Time Around.....	C1.3-3.3(EFL-182, ARP-90)
Routine Events 4-6 the Second Time Around.....	C4.2-6.2(EFL-182, ARP-90)
Routine Events 7-13.....	C7-13(EFL-182, ARP-90)

The Scope and Sequence of Essential for Living within Skill Domains (cont.)

Chapter 8. Doing Skills

8a. **Domain 4: Daily Living and Related Skills (DLS)**(EFL-187, ARP-91, EARP-16)

Must-have Daily Living Skills Related to Health and Safety

Eating, Drinking, and Feeding	DLS-EDF1-9	(EFL-188, ARP-91, EARP-16)
Sleeping	DLS-Slp1-2	(EFL-189, ARP-92, EARP-17)
Mobility and Transportation	DLS-MT1-5	(EFL-189, ARP-92, EARP-17)
Avoiding Harmful Items, Substances, and Situations..	DLS-AHS1-15	(EFL-189, ARP-93, EARP-18)
Other Activities Related to Health and Safety	DLS-HS1-8	(EFL-189, ARP-94, EARP-19)

Should-have Daily Living and Related Skills

Eating, Drinking, and Feeding.....	DLS-EDF10-28	(EFL-190, ARP-95)
Medical Procedures and Medication Administration.	DLS-MM1-9	(EFL-190, ARP-96)
Sleeping.....	DLS-Slp3-6	(EFL-191, ARP-97)
Mobility and Transportation.....	DLS-MT6-16	(EFL-191, ARP-97)
Avoiding Harmful Items, Substances, and Situations..	DLS-AHS16-19	(EFL-191, ARP-98)
Toileting.....	DLS-Toil1-11	(EFL-191, ARP-99)
Bathing and Personal Hygiene.....	DLS-BPH1-21	(EFL-192, ARP-100)
Dressing.....	DLS-D1-39	(EFL-192, ARP-101)
Leisure Activities at Home.....	DLS-LAH1-13	(EFL-193, ARP-104)
School, Instruction, and Therapy.....	DLS-SIT1-25	(EFL-194, ARP-105)
Day Activity Skills.....	DLS-DAS1-6	(EFL-194, ARP-107)
Vocational Skills.....	DLS-V1-47	(EFL-195, ARP-107)

Good-to-have Daily Living and Related Skills

Other Routine, Daily Activities.....	DLS-RDA1-9	(EFL-196, ARP-113)
Leisure Activities in the Community.....	DLS-LAC1-12	(EFL-197, ARP-114)
Laundry.....	DLS-L1-14	(EFL-197, ARP-115)
Cleaning.....	DLS-C1-16	(EFL-198, ARP-116)
Using a Telephone.....	DLS-TC1-7	(EFL-198, ARP-118)
Preparing Food.....	DLS-PF1-25	(EFL-198, ARP-118)

8b. **Domain 5: Functional Academic Skills** (EFL-205, ARP-121)

8b1. **Responding to Text as a Listener and Reading (RTL, Rdg)** (EFL-205, ARP-121)

Good-to-have Responses to Text as a Listener.....

RTL1-14 (EFL-206, ARP-121)

Good-to-have Reading Skills.....

Rdg1-14 (EFL-207, ARP-125)

8b2. **Schedules, Lists, and Time (SLT)** (EFL-211, ARP-130)

Good-to-have Schedules and Lists.....

SLT1-10 (EFL-214, ARP-130)

Nice-to-have Time Skills.....

SLT11-17 (EFL-216, ARP-133)

8b3. **Math Skills (Mth)** (EFL-221, ARP-134)

Good-to-have Math Skills.....

Num1-16 (EFL-222, ARP-134)

8b4. **Writing or Typing Skills (WT)** (EFL-227, ARP-136)

Good-to-have Writing or Typing Skills.....

WT1-6 (EFL-227, ARP-136)

Nice-to-have Writing or Typing Skills.....

WT7-12 (EFL-228, ARP-137)

The Scope and Sequence of *Essential for Living* within Skill Domains (cont.)

Chapter 9. **Domain 6: Tolerating Skills and Eggshells (T)**(EFL-231, ARP-140, EARP-20)

Must-have Tolerating Skills Related to Health and Safety

Basic Human Interaction.....	T-BHI1-5.....	(EFL-232, ARP-140, EARP-20)
Eating, Drinking, and Feeding.....	T-EDF1-11.....	(EFL-232, ARP-140, EARP-21)
Daily Medical Procedures & Medication Administration..	T-DM1-9.....	(EFL-232, ARP-141, EARP-21)
Sleeping.....	T-Slp1-5.....	(EFL-232, ARP-142, EARP-22)
Toileting.....	T-Toil1-5.....	(EFL-233, ARP-142, EARP-22)
Positioning and Range of Motion.....	T-PRM1-6.....	(EFL-233, ARP-143, EARP-23)
Prosthetic, Therapeutic, and Adapted Equipment.....	T-PTA1-11.....	(EFL-233, ARP-143, EARP-23)
Protective Equipment and Mechanical Restraints.....	T-PEMR1-10..	(EFL-234, ARP-144, EARP-24)
Bathing and Personal Hygiene.....	T-BPH1-8	(EFL-234, ARP-145, EARP-25)
Daily Dental Procedures.....	T-DD1.....	(EFL-234, ARP-146, EARP-26)

Should-have Tolerating Skills

Clothing and Accessories.....	T-C1-15	(EFL-235, ARP-146)
Transportation.....	T-Trp1-9	(EFL-235, ARP-147)
Sleeping.....	T-Slp6-8	(EFL-235, ARP-148)
Daily Dental Procedures.....	T-DD2-4	(EFL-236, ARP-148)
Bathing and Personal Hygiene.....	T-BPH9-13	(EFL-236, ARP-148)
School, Instruction, and Therapy.....	T-SIT1-9	(EFL-236, ARP-149)
Eating, Drinking, and Feeding.....	T-EDF13-18	(EFL-236, ARP-150)
Basic Human Interaction.....	T-BHI6-12	(EFL-237, ARP-150)
Basic Daily Activities.....	T-BDA1-10	(EFL-237, ARP-151)
Toileting.....	T-Toil7-9	(EFL-237, ARP-152)
Occasional, Routine Medical Procedures.....	T-ORM1-10	(EFL-238, ARP-152)
Occasional, Routine Dental Procedures.....	T-ORD1-4	(EFL-238, ARP-153)
Home and Community.....	T-HC1-11	(EFL-238, ARP-153)

Chapter 10. **Problem Behavior Domain (PB)** (**EFL-241, ARP-155, EARP-4**)

Chapter 11. **Domain 7: Tool Skills and Component Skills (MM, M, Im)** (EFL-257, ARP-157)

Should-have Basic Motor Movements.....	MM1-11	(EFL-261, ARP-157)
Good-to-have Matching Skills.....	M1-11	(EFL-261, ARP-159)
Nice-to-have Matching Skills.....	M12-13	(EFL-262, ARP-161)
Good-to-have Imitation Skills.....	Im1-2	(EFL-262, ARP-162)
Nice-to-have Imitation Skills.....	Im3	(EFL-262, ARP-162)

Across Skill Domains

A recommended assessment and teaching sequence must also take into account skills 'across domains' so that learners have 'balanced' skill repertoires, rather than 'splinter' skills (a few 'advanced, less functional skills with limited understanding'). The *First Things First* diagram, shown in Tables 2 and 3 on pages 16 and 17, provides a one-page summary of the scope and sequence of *Essential for Living*, along with a recommended assessment and teaching sequence 'across skill domains'.

The first two columns of Tables 2 and 3 include speaking and listening skills, while the remaining columns include problem behavior, doing skills, and tolerating skills. Cells with solid borders and bold type include the must-have skills in Domains 1, 2, 4, and 6 -- *The Essential Eight Skills* -- and problem behaviors, and are located at the bottom of the diagram. Cells with dashed borders and italic type include functional academic skills and are located primarily in the upper right hand corner. Skills near the bottom are generally more functional and less difficult, and, as you proceed upward, skills become less functional and more difficult.

ESSENTIAL FOR LIVING

First Things First: The Scope and Sequence of Essential for Living Across Skill Domains

↑ Less Functional ↓ More Functional	Nice-to-have Answers to Questions: AQ14-15	Good-to-have Conversations: C1-3.3 & C4-6.2	Nice-to-have Time Skills: SLT11-17	Nice-to-have Writing or Typing Skills: WT7-12	↑ More Difficult ↓ Less Difficult	
	Nice-to-have Requests for Information and Other Advanced Requests : R84-90	Good-to-have Conversations: C1-3.2 & C7-13	Good-to-have Reading Skills: Rdg1-14	Good-to-have Writing or Typing Skills: WT1-6		
	Nice-to-have Listener Responses, Names, and Descriptions: LRND14-15	Good-to-have Conversations: C1-3.1 & C4-6.1	Good-to-have Schedules and Lists: SLT6-10	Nice-to-have Imitation Skills: Im3		
	Nice-to-have Advanced Requests: R80-83	Good-to-have Answers to Questions: AQ1-3.3 & AQ4-6.2	Good-to-have Daily Living Skills: DLS-RDA1-9, DLS-LAC1-12, DLS-L1-14, DLS-C1-16, DLS-TC1-7, DLS-PF1-25			
	Good-to-have Requests with 2-4 Words, Signs, or Pictures: R71-79	Good-to-have Answers to Questions: AQ1-3.2 & AQ7-13	Good-to-have Responses to Text as a Listener: RTL1-14	Good-to-have Math Skills: Mth1-7		
	Good-to-have Special Requests: R49-70	Good-to-have Answers to Questions: AQ1-3.1 & AQ4-6.1	Nice-to-have Matching Skills: M12-13	Good-to-have Imitation Skills: Im1-2 and Should-have Daily Living Skills: DLS-EDF10-28, DLS-MM1-9, DLS-Slp3-6, DLS-MT6-16, DLS-AHS16-19 DLS-Toil1-11, DLS-BPH1-21, DLS-DI-39, DLS-LAH1-13, DLS-SIT1-25, DLS-DAS1-6, DLS-V1-47		
	Should-have Requests and Related Listener Responses: Making Requests, Waiting, Accepting Removals, Completing Previously Acquired Tasks, and Accepting 'No' R22-48	Good-to-have Listener Responses, Names, and Descriptions: LRND1-3.2 & LRND7-13	Good-to-have Matching Skills: M1-11 and Good-to-have Schedules and Lists: SLT1-5	Should-have Tolerating Skills: T-C1-15, T-Trp1-9, T-Slp6-8, T-DD2-4, T-BPH9-13, T-SIT1-9, T-EDF13-18, T-BHI6-12, T-BDA1-10, T-Toil7-9, T-ORM1-10, T-ORD1-4, T-HC1-11		
		Good-to-have Listener Responses, Names, and Descriptions: LRND1-3.1 & LRND4-6.1	Should-have Listener Responses: Following Directions to Complete Routine Activities: LR12-17			
		Should-have Basic Motor Movements: MM1-11				
	Problem Behaviors: ● Self-injurious, Aggressive, Destructive, Disruptive, or Repetitive ● Severe, Moderate, or Mild The Extent to which ● Psychoactive Medications, ● Protective Equipment, ● Mechanical Restraints, and ● Crisis Stabilization Procedures are used. The Extent to which ● Self-restraint Occurs; and, the Extent to which ● Problem Behaviors Occur.					
Must-have Requests and Related Listener Responses: Making Requests, Waiting, Accepting Removals, Making Transitions, Sharing, and Taking Turns, Completing 10 Consecutive, Brief, Previously Acquired Tasks, and Accepting 'No' R1-21	Must-have Listener Responses: LR1-L11	Must-have Tolerating Skills: T-BHI1-5, T-EDF1-11, T-DM1-9, T-Slp1-5, T-Toil1-5, T-PRM1-6, T-PTA1-11, T-PEMR1-10, T-BPH1-8, T-DD1	Must-have Daily Living Skills: DLS-EDF1-9 DLS-Slp1-2 DLS-MT1-5 DLS-AHS1-15 DLS-HS1-8			

Start ▲ here