

## INDEPENDENT LIVING SKILLS ASSESSMENT

NAME:	INDEPENDENT	CAN DO WITH ASSISTANCE OR PROMPTING	DOES NOT CURRENTLY DO	NOT APPLICABLE	WANTS TO LEARN
<b>MONEY MANAGEMENT</b>					
Knows the value of coins & currency					
Can make a transaction at the store & count change					
Understands the difference between "sale" price & "regular" price					
Can open or already has a checking account					
Can fill out a check completely and correctly					
Knows how to complete a check registry					
Knows how to use a debit/credit card					
Knows how to deposit & withdraw money from the bank/ATM					
Can read a monthly bank statement					
Knows how to save money					
Understands the concept of budgeting					
Can formulate & follow a budget					
Can compute total amount of bills owed					

## INDEPENDENT LIVING SKILLS ASSESSMENT

	INDEPENDENT	CAN DO WITH ASSISTANCE OR PROMPTING	DOES NOT CURRENTLY DO	NOT APPLICABLE	WANTS TO LEARN
<b>FOOD MANAGEMENT</b>					
Washes hands before eating & preparing food					
Knows name and use of most cooking utensils					
Can use cooking utensils effectively & safely					
Can use kitchen appliances effectively & safely					
Understands how to use dates on food packages to prevent spoilage					
Stores perishable items in the refrigerator					
Recognizes signs of spoilage in food					
Can follow instructions for preparing canned or frozen foods					
Can prepare recipes from a cookbook					
Can fix lunch for one					
Can fix dinner for one					
Can make a grocery shopping list					
Can shop for a week's menu & stay within a budget					
Can set the table properly					

## INDEPENDENT LIVING SKILLS ASSESSMENT

	INDEPENDENT	CAN DO WITH ASSISTANCE OR PROMPTING	DOES NOT CURRENTLY DO	NOT APPLICABLE	WANTS TO LEARN
<b>PERSONAL APPEARANCE</b>					
Can dress self					
Can bathe self					
Showers or bathes regularly					
Keeps hair clean and neat					
Brushes teeth regularly					
Dresses in reasonable clean clothing					
Can read clothing labels for laundering					
Can sort & wash clothes per instructions					
Can dry clothes using appropriate settings					
Can fold clothes					
Can iron clothes					
Can sew on buttons or make minor clothing repairs					
Knows appropriate clothing to wear for most occasions					

## INDEPENDENT LIVING SKILLS ASSESSMENT

	INDEPENDENT	CAN DO WITH ASSISTANCE OR PROMPTING	DOES NOT CURRENTLY DO	NOT APPLICABLE	WANTS TO LEARN
<b>HEALTH</b>					
Can open a childproof medicine container					
Knows not to take someone else's medicine					
Knows parts of the body					
Can recognize & describe symptoms of cold, flu & other health problems					
Knows what to do if has a cold or flu					
Knows what to do for a minor cut, burn, splinter					
Can take own temperature using a thermometer					
Can find over the counter medication, if needed					
Can read a prescription label correctly & follow instructions					
Can take medication without supervision					
Takes care of menstrual need					
Knows how to use what is included in a First Aid kit					
Can call a doctor to schedule an appt					
Knows how to obtain medical history					
Knows how & where to get emergency health care					
Can determine when to go to an emergency room and when to make an app't with doctor					

## INDEPENDENT LIVING SKILLS ASSESSMENT

	INDEPENDENT	CAN DO WITH ASSISTANCE OR PROMPTING	DOES NOT CURRENTLY DO	NOT APPLICABLE	WANTS TO LEARN
<b>HOUSEKEEPING</b>					
Can wash dishes					
Can change a light bulb					
Can make a bed					
Knows how to dispose of garbage					
Can use a vacuum cleaner & change bags					
Can change bed linen					
Knows how to sweep floor					
Knows how to clean toilet					
Knows how to clean bathtub					
Knows how to clean sink					
Knows appropriate cleaning products to use for different cleaning jobs					
Knows how to use a plunger					
Is able to contact landlord to request repairs					
Can reset curcuit breaker					
Knows how to get rid of and avoid ants, roaches, mice, etc.					

## INDEPENDENT LIVING SKILLS ASSESSMENT

	INDEPENDENT	CAN DO WITH ASSISTANCE OR PROMPTING	DOES NOT CURRENTLY DO	NOT APPLICABLE	WANTS TO LEARN
<b>TRANSPORTATION</b>					
Can ride a bike safely					
Understands and uses seat belts					
Knows how to access public transportation (bus, train)					
Knows how to call a taxi					
Can read a map					

<b>EMERGENCY &amp; SAFETY SKILLS</b>					
Knows function of police & can call if needed					
Knows function of fire department & can call if needed					
Knows function of ambulance & can call if needed					
Knows how to evacuate in case of an emergency					
Knows how to lock & unlock doors					
Knows how to check smoke alarm & change batteries					
Knows how to use a fire extinguisher					
Can recognize the smell of a gas leak					

## INDEPENDENT LIVING SKILLS ASSESSMENT

	INDEPENDENT	CAN DO WITH ASSISTANCE OR PROMPTING	DOES NOT CURRENTLY DO	NOT APPLICABLE	WANTS TO LEARN
<b>EMERGENCY &amp; SAFETY SKILLS (cont.)</b>					
Knows what to do if smells a gas leak					
Knows different methods for putting out different kinds of fires					

<b>KNOWLEDGE OF COMMUNITY RESOURCES</b>					
Knows how to get emergency information by phone					
Knows who to contact if injured or sick					
Can get to the grocery store					
Can get to the pharmacy					
Can get to bank					
Knows who to contact if utilities disconnected or no heat					
Can get own haircut					
Can locate a public restroom					
Can use a phone					

## INDEPENDENT LIVING SKILLS ASSESSMENT

	INDEPENDENT	CAN DO WITH ASSISTANCE OR PROMPTING	DOES NOT CURRENTLY DO	NOT APPLICABLE	WANTS TO LEARN
<b>INTERPERSONAL SKILLS</b>					
Can identify one friend					
Communicates with at least one person daily					
Can ask for help					
Makes arrangements with peers for social activities					
Has ability to resolve conflicts with others					
Has demonstrated the ability to say "no" to peers					

<b>LEGAL ISSUES</b>					
Knows who to call if arrested or victimized					
Knows generally what actions are against the law & what the consequences are					
Knows personal rights if arrested					
Knows the function of a lawyer					
Is registered and knows how to vote					
Understands the consequences of signing a contract					
If not own guardian, know who is and how to contact					