Independent Living Skills Checklist

Client's full name: _____ **Date submitted:** _____ dd / mm / yyyy

Instructions: Below is a long list of independent living skills divided into several categories. Please rate each item based on what you can do fine without support, what you need to practice, what you plan on starting, what you need support with, and what doesn't apply to you.

GENERAL LIFE SKILLS

I brush my teeth daily

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I shower daily with shampoo, conditioner, and soap

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I wash my hair

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I use deodorant daily

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I brush/comb my hair

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I shave as needed

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I can dress myself

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I choose the clothes I wear

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know what clothes to wear based on the occasion or weather

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know how to use and update cell phones

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I can use and follow my alarm clock

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I wash my hands and use sanitizers after using the bathroom or before eating

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I can make my own life decisions confidently

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

EMERGENCY AND SAFETY SKILLS

I take note of fire exits and know what to do in case of fires/earthquakes

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know how to use a fire extinguisher

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know how and when to contact emergency services

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know how to interact with law enforcement

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know what to do when I get locked out of my own house

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know how to clean and unclog toilets

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know how to treat minor wounds on my own

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I don't open my door to strangers

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I lock all my household doors when necessary, especially if I'm stepping out

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I turn off the stove after use

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I avoid cars moving in parking lots

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know who to trust when I need emergency help

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

NUTRITION AND DIETARY SKILLS

I know how to build a grocery list based on my dietary needs and preferences

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know the difference between healthy and unhealthy foods and drinks

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I can tell when food or drinks have passed their expiration date

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know what a balanced diet is

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know how to read nutritional values

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me

I know how to measure nutritional values of my meal servings and snacks

- ◯ Can do fine without support
- ◯ Need to practice
- ◯ Plan on starting
- ◯ Need support with
- ◯ Doesn't apply to me