

Independent Living Skills Assessment Form

Name: _____ Phone #: _____

Email address (optional): _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Birth Date: _____ Gender: _____

Name of school: _____ Grade: _____

Disability information (Check all that apply):

- Physical disability
- Sensory disability
- Learning disability
- Other: _____

Self-Determination/Consumer choice:

How much do you know about the independent living movement and the principles of independent living?

- Not much Some knowledge Very knowledgeable

Do you understand what "accommodations" you need to succeed in school or the workplace?

- Not much Some knowledge Very knowledgeable

Home management skills:

Do you perform any of these tasks independently?

- Money management, budgeting, paying bills
- Laundry
- Meal preparation
- Housekeeping chores (i.e. cleaning)
- Shopping

Housing:

How knowledgeable are you about housing resources in your community?

How comfortable are you with your current living situation?

Five years from now-where do you think you will be living?

- With family With others By myself

Recreational/Social Activities:

How knowledgeable are you about recreation/social activities in your community?

Do you have access to recreation/social activities in your community?

What social/recreational activities are you currently engaged in?

- None - resigned to being a couch potato
- Sports
- Computer games, chat rooms, etc.
- Watching television or movies at home
- Going to concerts, malls, dances, restaurants, etc.
- Participate in community recreation center or after school recreational opportunities
- Belong to clubs, youth church groups, etc.
- Dating

Employment issues:

Do you have or have you had a part time or full time job?

How knowledgeable are you about youth employment opportunities available in your community?

Income supports/benefits:

Are you knowledgeable about the types of income supports that are available to people with disabilities?

Are you knowledgeable about current work incentive programs?

Personal Supports:

How knowledgeable are you about personal support services available for people with disabilities?