

Life Skills Assessment

Name: _____ **Date:** _____

Directions: Learning, practicing, and doing life skills is an important part of becoming an independent adult. This checklist will help you understand which skills you can already do, what you may need help with, and what activities you still want to learn. The skills listed are meant to get you started, and it's okay if some do not apply to you. Choose the option that best describes your current skill level for each activity. Some life skills are covered in the lessons but if students need more support, there are additional resources listed for each life skill.

1. Personal Care	Can already do	Needs help doing	Wants to learn	Does not want to learn	N/A
Brushes teeth regularly					
Showers/bathes independently					
Washes hands/uses hand sanitizer after using restroom, before meals, etc.					
Uses deodorant daily					
Combs/brushes hair					
Chooses appropriate clothing for different weather and occasions					
Knows items needed for personal daily hygiene needs					

Additional Resources

[Personal Hygiene | Centre for Autism](#)

- Provides information on challenges and visual and written instructions for various personal hygiene and personal care activities.

[How to Teach Personal Hygiene | Everyday Speech](#)

- Includes a lesson plan and hygiene checklist for structured guidance to help develop hygiene habits.

2. Safety Skills	Can already do	Needs help doing	Wants to learn	Does not want to learn	N/A
Knows emergency phone numbers (e.g., 911, family contact)					
Knows how to follow simple directional references (left, right, straight, up, down, etc.)					
Responds appropriately to fire alarms					
Understands basic traffic rules (e.g., crossing streets safely)					
Locks/unlocks doors both inside and outside					
Identifies unsafe situations					
Asks for help from trusted individuals					

Additional Resources

[Community Health and Safety Training | Community Life Guide – Employment First](#)

- This site has ten modules for individuals to choose topics. Each module uses plain language and user-friendly step-by-step guide. Includes tools and exercises on various areas of safety like community, technology, and more.

[Online Safety | GCF Global](#)

- Includes tutorials for strategies, skills, and mindset needed to protect a computer, and online privacy.

3. Money Management / Financial Planning	Can already do	Needs help doing	Wants to learn	Does not want to learn	N/A
Identifies different coins and bills					
Makes a simple budget					
Makes a purchase using a credit/debit card					
Makes a purchase using bills and coins					
Saves money for future needs					
Understands the concept of needs vs. wants					
Does simple math with or without a calculator					
Has a bank account					
Deposits/withdraws money from bank accounts					

Additional Resources

[Financial and Digital Literacy | Community Life Guide – Employment First](#)

- This site includes tools and activities to help build and learn skills about financial and digital literacy. These topics start with introductory information and build to skills and tools to manage finances.

[Curriculum Units | Next Gen Personal Finance](#)

- Includes multiple areas of self-paced, interactive curriculum for students starting in middle school.

4. Healthcare	Can already do	Needs help doing	Wants to learn	Does not want to learn	N/A
Takes medicine as prescribed					
Makes healthcare appointments (e.g., doctor, dental)					
Calls in a prescription					
Understands personal health needs (e.g., allergies, medical conditions)					
Manages and tracks medical appointments					
Communicates with a doctor or nurse about health concerns					
Knows how to take care of minor injuries (e.g., cuts, bruises)					
Knows what to do when not feeling well (have a fever, have a stomachache, a headache, etc.)					

Additional Resources

[Healthy Living | LifeCourse Nexus](#)

- Uses tools and resources from Charting the LifeCourse to help individuals be a part of their health care. Includes tools to help individuals document their health care team, keep track of their medications and providers, and plan for an upcoming visit.

[Moving to Adult Health Care | Community Life Guide – Employment First](#)

- Includes modules to explore about shifting to the adult health care system.

[Health Care Transition | Got Transition](#)

- Provides resources, tools, and information about the process of getting ready for health care as an adult.

5. Social Skills	Can already do	Needs help doing	Wants to learn	Does not want to learn	N/A
Greets others politely (e.g., hello, goodbye)					
Listens when others are talking					
Maintains appropriate personal space					
Communicates feelings and emotions clearly					
Asks for help when needed					
Understands and follows social rules (e.g., taking turns, waiting in line)					
Knows how to interrupt appropriately					
Knows how to say “no” or “stop” when you don’t want to do something or feel uncomfortable					
Reads and responds to a text message					
Reads and responds to an email					
Makes and takes a phone call					

Additional Resources

[Workplace Readiness Training - Lesson 2: Communication Skills in Action | Employment First](#)

- Contains activities to practice professional communication.

[Social and Emotional Learning: An Activity Toolkit | Act for Youth](#)

- A toolkit that includes areas of self-awareness, self-management, social awareness, relationship skills, and decision making.

[Social Skills Worksheets for Seamless Social Interactions | Positive Psychology](#)

- Several worksheets and tools for various social situations including telling stories, talking with others, conflict resolution and more.

6. Household Skills	Can already do	Needs help doing	Wants to learn	Does not want to learn	N/A
Makes a simple meal or snack in microwave					
Makes a simple meal or snack on stovetop					
Makes a simple meal or snack in oven					
Washes dishes					
Loads/unloads a dishwasher					
Sweeps, mops, or vacuums a floor					
Does laundry (e.g., washing, folding, putting away clothes)					
Takes care of basic home repairs (e.g., changing a lightbulb, hanging a picture, etc.)					
Safely operates small appliances (blender, toaster, coffee maker, mixer, etc.)					
Picks up and takes out trash as needed					
Uses a knife to cut/chop/slice food					
Cleans kitchen (counters, sinks, floors)					
Stores food appropriately (freezer, refrigerator, pantry items)					
Cleans bathroom (toilet, shower, sink, etc.)					

Additional Resources

[How to Build Life Skills | wikiHow](#)

- This site shares step-by-step guidance for household skills.

[Daily Living Skills Activities | Learning for a Purpose](#)

- Contains picture cards to help teach daily living skills in a visual way.

[Accessible Chef](#)

- Collection of visual recipes to help teach cooking skills. The resources include information on accessible cooking tools, and how to build pre-cooking skills.

7. Community Skills	Can already do	Needs help doing	Wants to learn	Does not want to learn	N/A
Uses public transportation					
Has a library card					
Knows how to get directions (asking for or using GPS)					
Participates in community activities or events					
Volunteers or helps in the community					
Is registered to vote					
Orders food at a restaurant					
Locates goods, services, and people using their personal devices and/or internet					
Knows how to grocery shop					

Additional Resources

[Your Vote Counts | Autistic Self Advocacy Network](#)

- Provides an easy read and plain language guide for self-advocates on voting and how to vote.

[Voters with Disabilities | Ohio Secretary of State](#)

- Ohio's resources for voters with disabilities including registration information, related laws and other helpful links.

[Safety in the Community | Autism Speaks](#)

- Includes list of experiences and activities that take place in the community. These can be useful with any disability type.

[Going Shopping | wikiHow](#)

- Shopping can be overwhelming, and this provides steps on how to prepare and what to expect.