

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?