

**INDEPENDENT LIVING SKILLS MEASUREMENT SCALE**  
CIRLCE ONE in each category

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**GOAL 1: MEDICATION**

1. Person is not compliant with medication.
2. Person will take medications only with prompts.
3. Person knows medications, dosages, side effects, and reason(s) for taking medications.
4. Person is self-medicating independently or is ready to do so.

**GOAL 2: GROOMING AND PERSON HYGIENE**

1. Person only bathes, brushes teeth, grooms with prompts and assistance from others e.g. gathering supplies and demonstrating techniques
2. Person only performs grooming/personal hygiene with prompting several times.
3. Person only needs one prompt to perform grooming/personal hygiene.
4. Person performs grooming/personal hygiene independently.

**GOAL 3: LAUNDRY**

1. Person does not know how to do laundry.
2. Person is able to sort laundry, measure detergent, and operate the washer and dryer with prompts and assistance.
3. Person is able to sort laundry, measure detergent, operate the washer and dryer, fold/hang laundry, and put it away with minimal prompts and assistance.
4. Person can perform all laundry functions independently.

**GOAL 4: HOUSEHOLD RESPONSIBILITIES**

1. Person does not know/refuses to maintain their living area.
2. Person only performs household responsibilities with prompts and assistance e.g. gathering supplies and showing appropriate cleaning techniques which can include: dusting, sweeping, mopping, vacuuming, washing dishes and taking out trash.
3. Person is able to perform all responsibilities with minimal prompting.
4. Person is able to perform all responsibilities independently.

**GOAL 5: MEAL PLANNING/PREPARATION**

1. Person does not participate and does not cook for self.
2. Person exhibits some interest in cooking by minimally participating in meal preparation with prompting and assistance.
3. Person is able/willing to plan and cook nutritious meals with assistance.
4. Person cooks meals independently without prompts or assistance.

#### **GOAL 6: HEALTH AND SAFETY**

1. Person is not aware of health and safety issues such as: washing hands, turning off the stove, and responding to an emergency alarm e.g. fire drill.
2. Person demonstrates knowledge of health and safety issues but only acts with prompts.
3. Person is attempting to practice health and safety awareness in home independent of support.
4. Person is able to respond appropriately and act accordingly regarding health and safety issues.

#### **GOAL 7: SOCIALIZATION**

1. Person is unable/unwilling to interact appropriately with others or in community settings. Person displays inappropriate behavior such as spitting on the floor, treating others with disrespect, panhandling in the community, and/or exhibiting limited table manners.
2. Person is beginning to demonstrate appropriate skills of interaction with family members, friends, and others in the community.
3. Person has begun to participate in socialization/recreational opportunities both at home, school, and in the community.
4. Person interacts appropriately and independently with others both at home, school, and in the community.

#### **GOAL 8: VOCATIONAL/PROGRAMMING**

1. Person shows no interest in working or participating in community programs.
2. Person has begun to explore vocational and programming interests.
3. Person sporadically attends programming and schedules transportation with prompts, encouragement, and supports.
4. Person attends work or programs independently and consistently.

#### **GOAL 9: PROBLEM SOLVING/VERBALIZING NEEDS**

1. Person is unable/unwilling to verbalize wants and/or needs, or attempts to problem solve.
2. Person is learning to verbalize wants and needs appropriately, and is showing signs of a willingness to problem solve with assistance.
3. Person is attempting to problem solve independent of assistance.
4. Person can solve most problems that are encountered. Person realizes when outside assistance is needed and will ask for help.

#### **GOAL 10: MONEY MANAGEMENT**

1. Person cannot manage/budget money.
2. Person can manage/budget money with assistance.
3. Person can manage/budget money with minimal assistance.
4. Person can manage/budget money appropriately and independently.

#### **GOAL 11: SETTING LIMITS ON OWN BEHAVIOR**

1. Person's behavior poses a major problem to daily functioning necessitating the development of a behavior plan.
2. Person attempts to follow a behavior plan with encouragement and assistance.
3. Person is demonstrating improvement in behavior with encouragement and assistance.
4. Person has demonstrated improvement to the degree that identified behavior is no longer an issue.

#### **GOAL 12: APPROPRIATE DRESS**

1. Person requires someone else to dress him/her appropriately.
2. Person is able to dress appropriately, but only with extensive supervision and support.
3. Person is able to dress appropriately with prompts.
4. Person is able to dress appropriately for all situations independently.

#### **GOAL 13: SHOPPING/PURCHASING SKILLS**

1. Person requires someone else to identify needs and shop for him/her.
2. Person can identify needs and shop, but only with extensive supervision and support.
3. Person can identify needs and shop with prompts and limited support.
4. Person can identify needs appropriately, and shop independently.

#### **GOAL 14: TRANSPORTATION/ACCESSING THE COMMUNITY**

1. Person requires special arrangements for transportation and needs extensive assistance arranging transportation.
2. Person is able to use public transport but only if accompanied by support.
3. Person uses public transportation with prompts and some support.
4. Person can use public transportation independently; or, has own transportation and operates safely.

# Independent Living Checklist Chart

Name \_\_\_\_\_

Date \_\_\_\_\_

4																					
3																					
2																					
1																					
	Medication	Grooming & Hygiene	Laundry	Household Responsibilities	Meal Planning/Preparation	Health & Safety	Socialization	Vocation/Programming	Problem Solving/Verbalizing Needs	Money Management	Setting Limits on Own Behavior	Appropriateness	Shopping/Purchasing Skills	Transportation/Accessing the Community							

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