

Skills for Independent Living Worksheet

Name: _____

Depending on where they are in life, people may derive their income and support from family, the state, educational grants, and/or a job. As we progress through life, it is likelier to be a job that we need to meet our needs. Once you have secured an income, the following areas of Independent Living Skills are necessary to achieve a successful independent lifestyle:

- Social Living Skills
- Community Living Skills
- Personal Living Skills

This worksheet helps you assess how you're doing in these areas. Go through the statements below, rating yourself on a scale from 1 to 5, where 1 indicates what you always do, 3 what you sometimes do, and 5 what you never do.

Social Living Skills

Always

Sometimes

Never

Use leisure time so that I am appropriately engaged and not at loose ends.

1.....2.....3.....4.....5

Am satisfied and reasonably content with leisure time activity.

1.....2.....3.....4.....5

Manage money so that spending does not exceed income.

1.....2.....3.....4.....5

Demonstrate acceptable grooming and appearance, consistent with setting.

1.....2.....3.....4.....5

Manage legal issues so as to avoid economic, educational, employment problems or bad publicity.

1.....2.....3.....4.....5

Community Living Skills

Always

Sometimes

Never

Can find housing and maintain it.

1.....2.....3.....4.....5

Have a personal physician or links to public health services.

1.....2.....3.....4.....5

Take reasonable care of health, exercise and dietary needs.

1.....2.....3.....4.....5

Mobile in community, using personal or public transportation for work, personal or recreational travel.

1.....2.....3.....4.....5

Personal Living Skills

Always

Sometimes

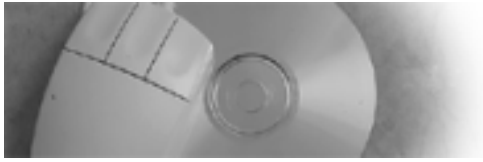
Never

Can cope with family and romantic relationships so that they do not interfere with employment, education or living arrangements.

1.....2.....3.....4.....5

Demonstrate personal adjustment and stability to ensure employment, educational or social success.

1.....2.....3.....4.....5



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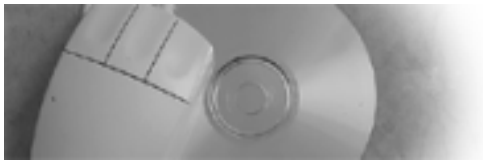
Now that you have completed the self-assessment, print out two more copies of the first page of this worksheet. Give one printout to a teacher who knows you well, and give the other printout to one of your parents. Ask them to rate you on those independent living skills.

With teacher and parent in turn, compare how you rated yourself to how they rated you. Discuss any significant differences. Try to avoid being defensive – consider their feedback as a mark of where you can work to improve your independent living skills. The stronger those are, the better your chances for long-term independent success.

Take notes on their feedback and what this suggests in terms of possible areas for improvement:

Notes about Teacher Assessment

	Social Living Skills	Community Living Skills	Personal Living Skills
Self-assessment: mark your STRONGEST and WEAKEST skill area			
Teacher assessment: mark their assessment of your STRONGEST and WEAKEST skill area			
Does your assessment of your independent living skills differ significantly from your teacher's?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
If Yes, how does it differ?			
What do they suggest you could work on, and how?			
Behaviors to work on/Tasks to pursue in order to improve this independent living skill			



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Notes about Parent Assessment

	Social Living Skills	Community Living Skills	Personal Living Skills
Self-assessment: mark your STRONGEST and WEAKEST skill area			
Parent assessment: mark their assessment of your STRONGEST and WEAKEST skill area			
Does your assessment of your independent living skills differ significantly from your parent's?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
If Yes, how does it differ?			
What do they suggest you could work on, and how?			
Behaviors to work on/Tasks to pursue in order to improve this independent living skill			