INDEPENDENT LIVING SKILLS

QUESTIONNAIRE

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| ***Independence Category*** | ***Completed*** | ***Date*** |
| ***A: Financial Management*** |  |  |
| ***B: Food Management Nutrition & Health Management*** |  |  |
| ***C Personal Hygiene & Health Care*** |  |  |
| ***D Home Management*** |  |  |
| ***E Personal Safety*** |  |  |
| ***F Community Access*** |  |  |
| ***G Transportation*** |  |  |
| ***H Staying Safe Online*** |  |  |

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|  | | ***Date*** | ***Signature*** |
| ***Learner Name*** |  |  |  |
| ***Staff Member*** |  |  |  |

***YES/NO***

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| ***A: Financial Management*** | ***Date*** | ***Date*** | ***Date*** |
| ***Knows values of coins and currency.*** |  |  |  |
| ***Can make a transaction at a local shop and count change.*** |  |  |  |
| ***Understands the difference between “luxuries” and “necessities” in food, transportation, clothing, housing.*** |  |  |  |
| ***Understands the difference between “sale price” and “regular price”.*** |  |  |  |
| ***Can identify one way to save money on purchases.*** |  |  |  |

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| ***Can open a bank account.*** | ***Date*** | ***Date*** | ***Date*** |
| ***Can use chip pin to make withdrawals and make deposits.*** |  |  |  |
| ***Can record banking transactions (either checking or savings).*** |  |  |  |
| ***Can budget allowance to last for a week. (Shows some understanding of the concept of saving).*** |  |  |  |
| ***Understands the difference between gross wage and net pay.*** |  |  |  |
| ***Can use a calculator to add, subtract, divide and multiply.*** |  |  |  |

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| ***With assistance can make out monthly budget covering regular expenses for independent living.*** | ***Date*** | ***Date*** | ***Date*** |
| ***Shows some “sales resistance” to “something for***  ***nothing” advertising and “low weekly payment” credit plans.*** |  |  |  |
| ***Can read monthly bank statements, compare balances, adjust, as necessary.*** |  |  |  |
| ***Can comparison shop using unit pricing information?*** |  |  |  |
| ***Understands the responsibility of filing tax forms. Knows the information that is required for filing taxes.*** |  |  |  |
| ***Knows how to clip and use coupons.*** |  |  |  |

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| ***B Food Management Nutrition & Health Management*** | ***Date*** | ***Date*** | ***Date*** |
| ***Washes hands before eating and preparing food.*** |  |  |  |
| ***Can order in a cafeteria or fast-food restaurant.*** |  |  |  |
| ***Can describe food pyramid and foods that contribute to a healthy lifestyle.*** |  |  |  |
| ***Knows name and use of cooking utensils.*** |  |  |  |
| ***Can order a meal from the menu in a restaurant*** |  |  |  |
| ***Can fix a breakfast for one*** |  |  |  |
| ***Can fix a lunch for one*** |  |  |  |
| ***Can fix a dinner for one*** |  |  |  |
| ***Can make out a grocery shopping list*** |  |  |  |
| ***Can use cooking utensils effectively and safely (knives, grater, can opener, potato peeler, eggbeater, etc.)*** |  |  |  |
| ***Can use kitchen appliances effectively and safely*** |  |  |  |
| ***Can use acceptable table manners*** |  |  |  |

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| ***C Personal Hygiene & Health Care*** | ***Date*** | ***Date*** | ***Date*** |
| ***Can dress self (including underwear, socks, and tied shoes) in a reasonably acceptable fashion.*** |  |  |  |
| ***Can bathe self.*** |  |  |  |
| ***Knows how to use soap, shampoo, deodorant, shaving cream, other common personal products appropriate to sex.*** |  |  |  |
| ***Brushes teeth regularly.*** |  |  |  |
| ***Showers or bathes regularly.*** |  |  |  |
| ***Keeps hair clean and neat.*** |  |  |  |
| ***Dresses in reasonably clean clothing.*** |  |  |  |

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| ***C Personal Hygiene & Health Care – continued.*** | ***Date*** | ***Date*** | ***Date*** |
| ***Can open childproof container.*** |  |  |  |
| ***Knows not to take someone else’s medication.*** |  |  |  |
| ***Knows that drugs, alcohol, and tobacco may be harmful to your health.*** |  |  |  |
| ***Knows parts of the body and sexual functioning.*** |  |  |  |
| ***Knows how pregnancy occurs.*** |  |  |  |
| ***Knows how and where to get emergency health care.*** |  |  |  |
| ***Can recognize and describe symptoms of colds, flu, and other common health problems.*** |  |  |  |
| ***Knows what to do for a minor cut, a minor burn, a splinter.*** |  |  |  |
| ***Understands the risks of pregnancy and sexually transmitted diseases.*** |  |  |  |
| ***Understands the risks of drug and alcohol abuse.*** |  |  |  |

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| ***D Home Management*** | ***Date*** | ***Date*** | ***Date*** |
| ***Can wash dishes adequately using soap and hot water.*** |  |  |  |
| ***Can change a light bulb.*** |  |  |  |
| ***Can make a bed.*** |  |  |  |
| ***Knows how to dispose of garbage.*** |  |  |  |
| ***Can use vacuum cleaner properly and change bags.*** |  |  |  |
| ***Can change bed linen.*** |  |  |  |
| ***Knows how to sweep floor and stairs, wash floors.*** |  |  |  |
| ***Knows how to clean toilet, bathtub, and sink.*** |  |  |  |

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| ***E Personal Safety*** | ***Date*** | ***Date*** | ***Date*** |
| ***Knows functions of police, ambulance, and fire brigade. Can reach each by calling the appropriate number.*** |  |  |  |
| ***Is trained to evacuate the residence in case of fire.*** |  |  |  |
| ***Knows proper way of disposing of smoking materials if smokes.*** |  |  |  |
| ***Knows how to lock and unlock doors and windows.*** |  |  |  |
| ***Knows how to check smoke alarm and how to replace battery.*** |  |  |  |
| ***Understands basic fire prevention.*** |  |  |  |
| ***Knows how to use a fire extinguisher.*** |  |  |  |
| ***Knows that improperly used appliances can cause fires.*** |  |  |  |

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| ***F Community Access*** | ***Date*** | ***Date*** | ***Date*** |
| ***Knows how to get emergency information by telephone.*** |  |  |  |
| ***Knows whom to contact if injured or sick.*** |  |  |  |
| ***Knows where nearest supermarket or shopping district is located.*** |  |  |  |
| ***Knows how to access emergency food and shelter.*** |  |  |  |
| ***Knows how to access leisure centres, local clubs.*** |  |  |  |
| ***Knows where nearest Laundrette is located.*** |  |  |  |
| ***Knows where personal bank is located.*** |  |  |  |
| ***Can use the yellow pages/ internet to obtain information.*** |  |  |  |
| ***Knows location of nearest post office and how to use it.*** |  |  |  |
| ***Knows about community engagement- working with local charities/groups.*** |  |  |  |

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| ***G Transportation*** | ***Date*** | ***Date*** | ***Date*** |
| ***Can ride a bicycle safely.*** |  |  |  |
| ***Understands and uses seat belts.*** |  |  |  |
| ***Familiar with any form of public transportation available.*** |  |  |  |
| ***Knows the nearest public bus stop to your home.*** |  |  |  |
| ***Knows amount of money required for bus fare.*** |  |  |  |
| ***Knows the nearest town with bus services.*** |  |  |  |
| ***Understands and uses seat belts.*** |  |  |  |
| ***Familiar with any form of public transportation available.*** |  |  |  |
| ***Aware of consequences of driving without a license and insurance.*** |  |  |  |
| ***Knows how to call a taxi and provide information needed. Knows the approximate cost of taking a taxi.*** |  |  |  |
| ***If given instructions, can make public transportation journey involving several transfers.*** |  |  |  |
| ***Can give directions.*** |  |  |  |

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| ***H Staying Safe Online*** | ***Date*** | ***Date*** | ***Date*** |
| ***Knows how to set privacy settings.*** |  |  |  |
| ***Knows how to practice safe browsing.*** |  |  |  |
| ***Knows how to download safely.*** |  |  |  |
| ***Knows not to meet people they have met online in person.*** |  |  |  |
| ***Knows to be careful about posting online.*** |  |  |  |
| ***Knows not to disclose bank details online.*** |  |  |  |

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