

Name of Individual: _____

Descriptor	Assistance Required	No Assistance Required
1. Reading	<input type="checkbox"/>	<input type="checkbox"/>
2. Writing	<input type="checkbox"/>	<input type="checkbox"/>
3. Personal preferences	<input type="checkbox"/>	<input type="checkbox"/>
4. Personal hygiene	<input type="checkbox"/>	<input type="checkbox"/>
5. Toileting	<input type="checkbox"/>	<input type="checkbox"/>
6. Dressing	<input type="checkbox"/>	<input type="checkbox"/>
7. Food preparation and storage	<input type="checkbox"/>	<input type="checkbox"/>
8. Eating	<input type="checkbox"/>	<input type="checkbox"/>
9. Medication	<input type="checkbox"/>	<input type="checkbox"/>
10. Housekeeping	<input type="checkbox"/>	<input type="checkbox"/>
11. Public transportation	<input type="checkbox"/>	<input type="checkbox"/>
12. Job skills	<input type="checkbox"/>	<input type="checkbox"/>
13. Personal finances	<input type="checkbox"/>	<input type="checkbox"/>
14. Mobility skills	<input type="checkbox"/>	<input type="checkbox"/>
15. Motor skills	<input type="checkbox"/>	<input type="checkbox"/>
16. Accessing community	<input type="checkbox"/>	<input type="checkbox"/>
17. Protecting self	<input type="checkbox"/>	<input type="checkbox"/>
18. Emergency services	<input type="checkbox"/>	<input type="checkbox"/>
19. Health and safety hazards	<input type="checkbox"/>	<input type="checkbox"/>
20. Obeying the laws	<input type="checkbox"/>	<input type="checkbox"/>
21. Coping Skills	<input type="checkbox"/>	<input type="checkbox"/>
22. Personal choices	<input type="checkbox"/>	<input type="checkbox"/>
23. Social skills	<input type="checkbox"/>	<input type="checkbox"/>
24. Communication	<input type="checkbox"/>	<input type="checkbox"/>

- The individual **has** a significant limitation in adaptive skills – six (6) or more.
- The individual **does not have** a significant limitation in adaptive skills – five (5) or less.

Sources: _____

Assistance Required: The Individual sometimes requires assistance from another person to be able to perform the activity at a level comparable to a peer without a disability.

No Assistance Required: The Individual is consistently capable of independently performing the activity at a level comparable to a peer without a disability.

Note: Adaptive skills are viewed from the perspective of “Does the individual require support (e.g. physical, gestural, verbal) from someone in order to perform the skill at a level comparable to a peer without a disability.”

Skills and Descriptor	Examples of Indicators
<p>Reading Reads and comprehends written words, phrases, and sentences found in their daily environments.</p>	<p>A. Reads and obeys common signs (Do Not Enter, Exit, Stop). B. Finds information in a telephone book. C. Reads other common materials such as newspaper articles, basic cooking recipes, personal letters, etc...</p>
<p>Writing Legibly writes words, phrases, and sentences that clearly expresses their thoughts or feelings.</p>	<p>A. Writes own name and address. B. Writes basic letters, notes, or e-mails. C. Clearly communicates ideas, using sentences.</p>
<p>Personal Preferences Independently establishes and expresses likes, dislikes, wants, and needs. Uses personal preferences to make decisions regarding life events.</p>	<p>A. Identifies favorite foods, books, television show, etc... B. Identifies preferences for daily activities (when and what to eat, where to go, what to buy, etc...). C. Communicates preferences and needs in a clear way.</p>
<p>Personal hygiene Recognizes when it is appropriate or necessary to perform basic hygiene tasks. Safely and effectively performs personal hygiene tasks.</p>	<p>A. Bathes or showers as needed. B. Shaves, brushes teeth, cares for skin, nails, and hair as needed. C. Cares for menstrual needs (if applicable).</p>
<p>Toileting Accomplishes toileting tasks in a safe, hygienic, and socially appropriate manner.</p>	<p>A. Accesses the bathroom as needed, including communicating the need to use the bathroom. B. Maintains privacy, uses bathroom tissue, flushes, etc... C. Uses a catheter (if applicable).</p>

Skills and Descriptor	Examples of Indicators
<p>Dressing Dresses themselves in weather and situation appropriate clothing. Recognizes when clothing should be changed.</p>	<p>A. Dresses for the day. B. Selects clothing suitable for the weather. C. Selects clothing suitable for the social situation.</p>
<p>Food preparation and storage Safely prepares a variety of nutritious and edible meals. Stores and disposes of food items safely and appropriately.</p>	<p>A. Prepares simple meals and snacks. B. Plans meals to get necessary nutrition. C. Safely and effectively uses basic kitchen instruments (can-opener, knife, microwave, stove, etc...).</p>
<p>Eating Effectively uses eating utensils or aids to ingest food. Self-regulates their intake of food for safe and healthy eating practices.</p>	<p>A. Prepares simple meals and snacks. B. Plans meals to get necessary nutrition. C. Safely and effectively uses basic kitchen instruments (can-opener, knife, microwave, stove, etc...).</p>
<p>Medication Effectively manages and safely administers personal medication(s).</p>	<p>A. Reads and recognizes product labels to ensure medication is taken as prescribed and refilled as required. B. Handles medication effectively (fills pill boxes, measures appropriate amounts, etc...). C. Recognizes and reports side-effects to caregiver or physician.</p>
<p>Housekeeping Safely and effectively uses a variety of household cleaning tools and products. Recognizes when housekeeping is needed.</p>	<p>A. Cleans rooms, appliances, and fixtures as required (sweeps, vacuums, mops, wipes up spills, disposes of trash, etc...). B. Washes dishes as required (by hand or using dishwasher). C. Washes clothes as required.</p>
<p>Public transportation Effectively arranges for and safely accesses various means of public transportation.</p>	<p>A. Uses generic public transit (bus, light-rail transit) including managing schedules, purchasing tickets or fares, etc... B. Uses taxi and specialized transit services as required. C. Manages wheelchair or other mobility device with transit option as required.</p>

Skills and Descriptor	Examples of Indicators
<p>Job skills Finds and maintains paid employment suited to their abilities and/or interests. Develops or applies skills required to meet job requirements.</p>	<p>A. Completes tasks as directed, seeking help as required. B. Follows company rules and procedures (attendance and scheduling, safety, care of work area, respect for others, etc...).</p>
<p>Personal finances Understands the value of different currency denominations. Manages a personal budget.</p>	<p>A. Handles cash, cheques, or other financial instruments effectively. B. Balances a chequebook or tracks account balances. C. Manages a budget and avoids excessive debt.</p>
<p>Mobility skills Safely and effectively moves about a variety of environments found in the community.</p>	<p>A. Walks or independently uses wheelchair or mobility device at home or in the community. B. Transfers themselves in and out of bed, chair, walker, wheelchair, etc...</p>
<p>Motor skills Safely and effectively manages the tasks of daily living that require fine and gross motor skills.</p>	<p>A. Possesses gross motor skills necessary for daily activities (opening doors, kicking a ball, carrying groceries, etc...). B. Possesses fine motor skills necessary for daily activities (using a phone, handling coins, buttoning shirts, etc...).</p>
<p>Accessing community Identifies and accesses events of personal interest in the community. Develops a personal network of supports.</p>	<p>A. Attends community events of interest (theatre, movies, political, or sporting events). B. Pursues leisure or other personal interests (clubs, hobbies, athletics/recreation, etc...) C. Develops a network of supports required to access the community.</p>
<p>Protecting self Recognizes when others may be taking advantage of them. Takes actions to safeguard themselves from physical, psychological, or other forms of harm.</p>	<p>A. Correctly identifies actual or hypothetical examples of abuse such as physical or emotional abuse or financial exploitation. B. Speaks out or seeks appropriate assistance form caregiver or authorities.</p>

Skills and Descriptor	Examples of Indicators
<p>Emergency services Understands appropriate and responsible use of emergency services. Effectively accesses or uses emergency services as required.</p>	<p>A. Uses 911 service correctly and responsibly. B. Requests appropriate assistance and provides necessary information during crisis (address, type of crisis, etc...). C. Uses a Personal Emergency Response System when needed.</p>
<p>Health and safety hazards Recognizes health and safety hazards. Removes themselves from dangerous situations or takes actions needed to reduce or eliminate the danger.</p>	<p>A. Locks doors at night. B. Uses caution in traffic (looks both ways before crossing streets, etc.) and avoids unsafe areas in the community. C. Uses smoke detectors, electrical equipment and outlets properly, stores hazardous substances safely, etc...</p>
<p>Obeying the laws Distinguishes between lawful and unlawful actions. Understands the legal consequences of behaviour and chooses to obey the laws.</p>	<p>A. Correctly identifies examples of stealing, assault, vandalism, and understands that they are against the law. B. Understands that illegal actions have consequences. C. Obey the laws and avoids getting in trouble with the authorities.</p>
<p>Coping Skills Handles stressful situations without disrupting others, or putting themselves or others at risk.</p>	<p>A. Controls anger in social and work settings. B. Avoids withdrawal when discouraged or disappointed. C. Avoids disruptive or disturbing interpersonal behaviours (yelling, aggression or violence, etc.) when disagreeing with others.</p>
<p>Personal Choices Makes informed decisions that demonstrate they understand the consequences and responsibilities of a decision. Decisions reflect personal preferences.</p>	<p>A. Understands that discretionary purchases have budgetary consequences or tradeoffs. B. Understands impacts of dietary choices on health. C. Takes steps to achieve goals (job training to increase job opportunities, practice to improve performance, etc...).</p>

Skills and Descriptor	Examples of Indicators
<p>Social Skills Engages other in a socially appropriate manner. Understands and adopts social norms for interacting with other on a daily basis.</p>	<p>A. Uses personal greetings and customary phrases appropriately (hello, good-bye, please, thank you, sorry, etc...).</p> <p>B. Sustains conversations (pays attention, responds on topic, takes turns talking, refrains from saying things that embarrass or hurt others' feelings, etc...).</p> <p>C. Avoids standing too close, moves out of others' way, interacts with others in a non-aggressive way, etc...</p>
<p>Communication Comprehends what others are saying or expressing to them and responds effectively. Clearly expresses thoughts, need, or preferences.</p>	<p>A. Listens attentively when spoken to.</p> <p>B. Speaks or responds clearly and comprehensibly.</p> <p>C. Follows basic instructions or directions.</p>