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LIFE SKILLS CHECK LIST: AGES 7+ YEARS

Child: _____ **Date:** _____ **Age:** _____

Please complete this check list to help identify areas of strength and concern for your child.

Independent: Child completes task by him/herself, including set-up.

Min. Assist: Child completes 75% of task. May need help setting up, orienting clothes, etc.

Mod. Assist: Child completes 50% of the task and adults complete 50%. i.e.: adult helps the child get his/her legs into pants, then child pulls up.

Max. Assist: Child completes 25% of task. i.e.: adult orients pants, child pushes his/her leg into the pant, then adult helps to pull them up.

Dependent: The child requires adult help for all steps of the task.

Un-Dressing	Independent	Min Assist	Mod. Assist	Max. Assist	Dependent
Socks					
Shoes					
Underwear					
Pants					
Shirt					
Jacket					
Hat					
Gloves/Mittens					
Other:					

What type of clothing does your child wear? (Elastic waist pants, snaps, t-shirts, button down shirts etc.)

Dressing	Independent	Min Assist	Mod. Assist	Max. Assist	Dependent
Socks					
Shoes					
Underwear					
Pants					
Shirt					
Jacket					
Hat					
Gloves/Mittens					
Other:					

Fasteners	Independent	Min. assist	Mod. assist	Max assist	dependent
Zippers					
Buttons					
Snaps					
Hooks					
Tie Shoes					
Other:					

Comments: _____

Self-care	Independent	Min. assist	Mod. assist	Max assist	dependent
Washes hands					
Washes upper body					
Washes lower body					
Washes hair					
Brushes hair					
Brushes teeth					
Toileting					
Wipes Self					

Comments: _____

Play/Social	Less than other children	Equal to other children	Slightly more than children	Much more than children
Plays cooperatively in groups of 6+				
Enjoys complex or competitive games				
Interested in group activities (i.e. dance, sports, drama club)				
Identifies and defends rules of games				
Able to play with single object for 30 minutes or more				

Comments: _____

Feeding/Eating	Independent	Min. assist	Mod. assist	Max assist
Eats with fork and spoon				
Able to cut tougher foods (i.e. meats)				
Opens variety of food containers				
Able to pour self a drink from larger container				
Able to make self a simple meal (i.e. bowl of cereal)				

