



Advanced Therapy Solutions

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) | | | | |