

**Connecticut's Division of Autism
Spectrum Disorder Services**



Name: _____

Date of completion: _____

Completed By: _____

LIFESKILLS INVENTORY

N—Never or rarely

S—Sometimes— ¼ of the time

O—Often— ¾ of the time

A—Always

**If a task requires prompting initial with the following codes:*

A—Auditory/Verbal prompt

V—Visual prompt

P--Physical prompt

PERSONAL CARE

Can dress self (including underwear, socks and shoes)	N S O A	Brushes teeth	N S O A
Dresses self in an acceptable fashion—clothing that go together, clothing appropriate for the weather/occasion	N S O A	Dresses in clean clothing	N S O A
Can bathe self	N S O A	Trims fingernails/toenails	N S O A
Bathes or showers	N S O A	Combs/brushes hair	N S O A
Knows how to use soap, shampoo, deodorant, and other personal products	N S O A	Checks appearance in mirror	N S O A
		Uses toilet appropriately	N S O A

COMMENTS:

HEALTH CARE

Takes medication as prescribed	N S O A	Understand medical insurance/copay/ medical/insurance contact	N S O A
Knows how to obtain/ refill/store medication	N S O A		
Schedules own doctor/dentist appointments	N S O A	Manages minor medical needs (i.e. cuts, scrapes, bites, splinters)	N S O A
Knows schedule for medical appointments (i.e. Checkup 1X/year, teeth cleaning 2X/year)	N S O A	Knows when to seek medical attention	N S O A

COMMENTS:

FOOD MANAGEMENT

Makes a shopping list and purchases items for meals and household	N S O A	Uses a variety of kitchen appliances effectively and safely	N S O A
Can prepare basic meals for breakfast, lunch and dinner	N S O A	Handles, preps and stores food safely and appropriately	N S O A
Prepares and eats a balanced diet	N S O A		
Understands expiration dates/recognizes food spoilage	N S O A	Washes dishes, utensils, pots and pans adequately using dish soap and hot water	N S O A
Uses cooking utensils/pots and pans effectively and safe	N S O A		
Uses oven and stove top safely	N S O A	Loads and runs dishwasher	N S O A
Can operate a microwave	N S O A	Operates garbage disposal safely	N S O A
Cleans counter and stove after preparing meals	N S O A	Puts dishes, utensils away	N S O A

COMMENTS:

HOUSEKEEPING

Performs routine house-cleaning to maintain the home in a Reasonably clean state	N S O A	Cleans toilet, bathtub and sink Knows how to dispose of garbage	N S O A N S O A
Able to identify and perform chores to do and how often	N S O A	Knows and uses appropriate cleaning products for different cleaning jobs	N S O A
Changes bed linens and make bed	N S O A		
Maintains clean linens	N S O A	Washes and dries clothes (home/Laundromat) using appropriate laundry products	N S O A
Uses vacuum cleaner	N S O A		
Sweeps and washes floors	N S O A	Folds and puts away clean clothing	N S O A
Dusts furniture, cleans counters and windows	N S O A	Uses drawers and closets for storage	N S O A

COMMENTS:

HOUSEHOLD and PERSONAL SAFETY

Knows how to check smoke alarm and change battery	N S O A	Closes and locks doors when leaving home	N S O A
Knows how to use a fire extinguisher	N S O A	Carries a house key when leaving home	N S O A
Knows how to access emergency assistance for utilities	N S O A	without losing it or giving it to others	
Knows who to let in home (or not let in)	N S O A	Has emergency plan	N S O A
Knows how to recognize a minor home emergency (leak in faucet/clogged toilet)	N S O A	Knows how to recognize a major emergency (fire/intruder)	N S O A
Knows not to share information with others about how to get into the house (i.e. where the spare key is)	N S O A	Knows who to call in event of a home or personal emergency (i.e. 911)	N S O A
Knows how to properly store cleaning and hazardous materials	N S O A	Maintain proper hot water heater	N S O A
Knows not to share personal information with strangers	N S O A	Turns off stove and oven after use	N S O A

COMMENTS:

HOUSEHOLD MAINTENANCE

Replaces burned out light bulb	N S O A	Can do minor household repairs	N S O A
Knows how to plunge a toilet	N S O A	Knows how to use simple tools effectively	N S O A
Knows how to regulate heat and AC for personal comfort	N S O A	Cleans up broken glass or spills	N S O A
Knows how to handle household emergencies (HVAC, electrical system, plumbing)	N S O A	Knows need for and schedules fuel delivery	N S O A
Knows to call appropriate repairman/landlord	N S O A	Plugs in electrical appliances safely/uses extension cord when needed	N S O A

COMMENTS:

MONEY MANAGEMENT/BANKING

Knows values of coins and currency	N	S	O	A	Records banking transactions and balances account	N	S	O	A
Can make a transaction at a store and count the change	N	S	O	A	Uses SNAP card to purchase groceries	N	S	O	A
Knows how to use a calculator (add, subtract, multiply, divide)	N	S	O	A	Cashes and deposits checks	N	S	O	A
Writes checks/makes deposits and withdrawals	N	S	O	A	Pays bills by mail	N	S	O	A
Uses debit card for purchases/access money from ATM	N	S	O	A	Pays bills online	N	S	O	A
Keeps account number and PIN numbers private	N	S	O	A	Uses credit card responsibly	N	S	O	A
Budgets money to cover living expenses/emergency expense	N	S	O	A	Calculates housing start-up costs (i.e. application fee, security deposit)	N	S	O	A
Understands buying on credit, loans, interest and late payment penalties	N	S	O	A	Buys items needed at the best price (i.e. on sale, coupons)	N	S	O	A
Understands the difference between “luxury” and “necessities” in food, transportation, clothing, housing	N	S	O	A	Manages entitlement document/services (i.e. Medicaid/SSI/SSDI)	N	S	O	A
Obtains qualified help for completing and filing income tax forms	N	S	O	A					

COMMENTS:

COMMUNITY SAFETY

Crosses the street at crosswalk/at light	N	S	O	A	Moves out of path of emergency vehicles	N	S	O	A
Looks in both directions before crossing the street	N	S	O	A	Obeys traffic laws when driving	N	S	O	A
Checks for traffic before crossing alley, driveway and parking lots	N	S	O	A	Asks for help when in danger	N	S	O	A
Follows safety precautions posted on different warning signs such as “Danger” and “Do Not Enter”	N	S	O	A	Asks for directions or help if lost	N	S	O	A
Able to recognize and stay away from unsafe environments and predators	N	S	O	A	Seeks out appropriate shelter during storms	N	S	O	A

COMMENTS:

TRANSPORTATION

Knows schedules of public transportation	N	S	O	A	Uses bus/train transfer	N	S	O	A
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Selects and uses public transportation independently	N S O A	Gets on correct bus/train to go to	N S O A
Knows nearest public bus or train stop	N S O A	desired destination	
Knows how to call a taxi and provide information needed. and approximate cost of taking a taxi	N S O A	Knows amount of money for required for bus/train fare	N S O A
Ability to adapt to unscheduled route and time changes	N S O A		

COMMENTS:

PHONE

Knows how to call and answer phone/cell phone	N S O A	Places orders by phone	N S O A
Knows/can call emergency contacts	N S O A	Understands caller ID	N S O A
Dials 911 or 0 for help in an emergency	N S O A	Sends and receives text	N S O A
Knows where to report a stolen phone	N S O A	Programs cell phone	N S O A
Can locate telephone number through apps/phonebook	N S O A	Understands phone contract and billing	N S O A
Knows to hang up nuisance or unwanted phone call	N S O A	Uses phone for social conversation	N S O A

COMMENTS:

INTERNET

Understands basic internet safety	N S O A	Accesses information on line	N S O A
Can send, receive and delete emails	N S O A	Creates and guards passwords	N S O A
Understands and recognizes the dangers of cyber bullying and online predators	N S O A	Uses social media sites responsibly	N S O A
Knows the importance of safe practices in online relationships	N S O A	Recognizes Spam and Phishing	N S O A

COMMENTS:

TIME MANAGEMENT

Can tell time	N S O A	Follows/keeps a schedule	N S O A
Knows time and date	N S O A	Can be on time reliably	N S O A
Understands concept of time/estimates amount of time to do a task	N S O A	Able to prioritize what needs to be done	N S O A
Records appointments/events in a planner or on a calendar	N S O A	Sets alarm clock to go off at the correct time to wake up	N S O A
Breaks tasks into manageable steps to meet time allotted	N S O A		

COMMENTS:

CAREER/EMPLOYMENT

Has a reasonable idea of types of employment available to him/her	N S O A	Knows to follow-up after job interview	N S O A
Can complete a job application	N S O A	Dresses appropriately for job	N S O A
Can create a resume and cover letter	N S O A	Arrives on time for work	N S O A
Able to access employment agencies and vocational counselors for help in finding employment	N S O A	Knows work schedule	N S O A
Searches for employment opportunities online/newspaper/contacts	N S O A	Returns from breaks on time	N S O A
Can make an appointment for a job interview	N S O A	Continues working when there are noises and distractions	N S O A
Arrives on time and appropriately dressed and groomed for job interview	N S O A	Know to contact employer when unable to work	N S O A
During interview asks and answers questions appropriately and realistically	N S O A	Knows who to contact when problems/questions arise	N S O A
Understands job responsibilities and completes tasks	N S O A	Makes changes on the job when asked	N S O A
Initiates work task on his/her own	N S O A	Able to accept constructive criticism	N S O A
Talks to coworkers only when it does not interfere with work	N S O A	Understands employment benefits	N S O A
Can read and understand pay stub (i.e. gross vs. net pay)	N S O A	Has a plan for anger management in the workplace	N S O A

COMMENTS:

COMMUNITY SKILLS/RESOURCES

Can obtain birth certificate and social security card	N S O A	Uses public restroom	N S O A
Knows where the employment office is located	N S O A	Knows how and where to register/vote	N S O A
Can locate nearest supermarket, shopping district, bank, post office, and Laundromat, etc.	N S O A	Engages in community based recreation	N S O A
Can navigate his/her community	N S O A	Can access specialized services (i.e. counseling, clinics, social services)	N S O A
Knows how to access community based services (i.e. hair salon, auto repair, pharmacy)	N S O A	Knows how to access local government resources	N S O A

COMMENTS:

LEISURE SKILLS

Can plan and invite friends to social activities	N S O A	Selects and attends community events	N S O A
Goes out and gets together with friends	N S O A	Makes plans and arranges to attend an activity	N S O A
Engages in solitary leisure activities in and away from home	N S O A	Accepts invitations from others to be involved in social activities	N S O A
Participates in community organizations	N S O A		

COMMENTS:

LEGAL ISSUES

Knows how to respond when encountering law enforcement	N S O A	Understands buying, selling, using marijuana and other illicit drugs are illegal	N S O A
Knows who to call if arrested or victimized	N S O A	Knows legal age for buying alcohol and tobacco product	N S O A
Understands generally what actions are against the law (i.e. shoplifting, stealing, trespassing, traffic violations)	N S O A		
Knows how to access legal counsel	N S O A		

COMMENTS:

SOCIAL SKILLS

Can introduce self to others (eye contact, hand shake, appropriate touching)	N S O A	Can converse on a variety of topics	N S O A
Is respectful of others personal space/boundaries	N S O A	Speaks clearly and audibly	N S O A
Is able to initiate and sustain a conversation with others	N S O A	Asks for help or to obtain/clarify information	N S O A
Can effectively interact with merchants, service providers in the community	N S O A	Expresses anger in a nonaggressive manner	N S O A
Can listen to and sustain a conversation when opinions/ ideas differ	N S O A	Demonstrates appropriate behavior in social situation	N S O A

COMMENTS:

HEALTHY RELATIONSHIPS

Knows and understands the differences in various types of relationships	N S O A	Has the ability to resolve conflicts with others	N S O A
Can close a relationship or say "goodbye" in a healthy manner	N S O A	Can differentiate between healthy and hurtful/dangerous relationships	N S O A
Knows birth control resources (i.e. birth/pregnancy control options, family planning centers)	N S O A	Knows and comprehends the signs of physical and verbal abuse in a relationship	N S O A
Knows consequences of engaging in risky sexual activity	N S O A		
Knows steps to take in the event of a sexual assault	N S O A		

COMMENTS:

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