

## SKILLS ASSESSMENT

For each of the skills in this assessment you will be asked to evaluate your child's mastery in three levels as described below:

1. **Basic Steps Not Mastered.** These are skills for which your child cannot do all of the basic steps. He needs to learn some(or all) of the actions involved.
2. **Needs Assistance with Decisions.** These are skills for which your child can do the basic steps, but needs help in making decisions about skill performance— he needs to be told when to do the skill, or what materials are needed, or how to begin or whether the skill has been done well.
3. **Can Do Well and Independently.** These are skills for which your child can do the basic actions and make necessary decisions— so that you do not need to be there at all.

SKILLS	MASTERY		
	Basic Steps Not Mastered	Needs Assistance with Decisions	Can Do Well and Independently
Basic Dressing			
Puts on underpants			
Puts on undershirt			
Puts on socks			
Puts on pants			
Puts on pullover shirt, sweater			
Puts on front-button shirt, blouse			
Takes off pullover shirt, sweater			
Pulls zipper up/down (if started)			
Threads a belt			
Starts a zipper			
Buttons			
Fastens snaps, hooks			
Ties shoes			
Puts on a slip			
Puts on a bra (if appropriate)			
Puts on nylons/pantyhose (if appropriate)			
Puts dirty clothes in hamper			
Puts clean clothes away			
Wears clothes that are clean and			

Pressed			
Selects clothes that fit, match and age-appropriate, weather.			
	Mastery		
	Basic Steps Not Mastered	Needs Assistance with Decisions	Can Do Well and Independently
Skills			
Uses toilet and toilet paper			
Washes and dries hands			
Washes and dries face			
Takes bath or shower with soap and washcloth			
Uses deodorant			
Washes and rinses hair			
Brushes teeth and uses Mouthwash			
Cleans ears			
Shaves (if appropriate)			
Applies make up (if appropriate)			
Combs and brushes hair			
Uses a mirror to spot-check Appearance			
Trims fingernails/toenails			
Uses after shave/perfume			
Uses a handkerchief/Kleenex			
Takes care of eyeglasses or contacts lenses (if appropriate)			
Gets a haircut			
Wipes food/dirt off clothes			
Uses tampons or sanitary napkins and disposes of them properly			
Eats a well balanced diet			
Gets enough sleep			
Exercises regularly			
Cares for minor cuts, burns			
Puts things away			
Empties baskets and puts out Trash			
Sweeps			

Dusts			
Vacuums			
Washes windows or mirrors			
Mops floor			
Cleans sink			
Cleans toilet			
Cleans stove			
Skills	Mastery		
	Basic Steps Not Mastered	Needs Assistance with Decisions	Can Do Well and Independently
Washes/dries dishes			
Separates dry cleaning from washables			
Separates light from dark			
Washes items by hand			
Hangs items on clothesline			
Properly loads washing machine			
Measures soap			
Uses dryer			
Uses coin op machines			
Puts clothing away			
Irons clothing as needed			
Puts groceries away			
Sets a table			
Clears a table			
Gets a snack			
Prepares cold breakfast			
Makes sandwich (no mixing, no cooking)			
Cooks prepared foods			
Prepares hot breakfast			
Uses oven			
Fixes salads and desserts			
Cooks main dish			
Cooks a complete meal			
Finds/replaces food and Utensils in designated places			
Identifies canned or boxed food by labels			
Stores leftover foods			
Identifies and discards Spoiled foods			

Identifies and uses utensils and appliances			
Uses measuring utensils			
Replaces light bulb			
Replaces toilet paper roll or bar soap in bathroom			
Replaces batteries in toy, Radio or flashlight			
Replaces vacuum bag			
Plugs and unplugs electrical appliances appropriately			
Skills	Mastery		
	Basic Steps Not Mastered	Needs Assistance with Decisions	Can Do Well and Independently
Adjusts window, shades and Drapes to light or temperature			
Adjusts thermostat			
Adjusts TV, radio			
Secures the residence( at bedtime or when going out)			
Makes a bed			
Changes a bed			
Feeds and waters house plants			
Waters, weeds, trims lawn or garden			
Trims hedges, bushes			
Turns lights, TV and other appliances off when not in use			
Cares for pets			
Resets a circuit breaker			
Hangs a picture			
Stops a continuously running toilet			
Uses a plunger for clogged Toilet or sink			
Other skills:			