

Self-Care Abilities Listing

EATING

- ☐ Takes soft food from a spoon
- ☐ Takes liquids from a cup
- ☐ Feeds self with fingers
- ☐ Feeds self with spoon with assistance
- ☐ Drinks from a cup with minimal assistance
- ☐ Feeds self with spoon neatly
- ☐ Feeds self with spoon and fork considerably spilling
- ☐ Uses table knife and fork correctly and neatly
- ☐ Uses napkin for its purpose
- ☐ Drinks from straw with minimal assistance
- ☐ Does not order at public eating places
- ☐ Orders simple meals like hamburgers
- ☐ Orders complete meals

TOILETING

- ☐ Uses toileting undergarments
- ☐ Uses toilet if placed there at intervals
- ☐ Has toilet accidents during the day:
 - ☐ Frequently
 - ☐ Occasional
 - ☐ Never
- ☐ Lowers pants at the toilet without help
- ☐ Sits on the seat without help
- ☐ Uses toilet tissue appropriately
- ☐ Flushes toilet after use
- ☐ Puts on clothes without help
- ☐ Washes hands without help

DRESSING

- ☐ Must be dressed completely
- ☐ Resists when being dressed
- ☐ Cooperates when being dressed
- ☐ Removes simple articles of clothing
- ☐ Puts on simple articles of clothing
- ☐ Dresses self with help
- ☐ Dresses self with verbal prompting
- ☐ Removes shoes without assistance
- ☐ Ties shoe laces without assistance
- ☐ Completely dresses self without assistance
- ☐ Chooses suitable clothing
- ☐ Puts clothes in drawer neatly
- ☐ Hangs clothes neatly
- ☐ Puts dirty clothes in laundry without verbal prompt

GROOMING

- ☐ Makes no attempt to wash or dry self
- ☐ Resists when being washed or dried by others
- ☐ Cooperates when being washed or dried by others
- ☐ Attempts to use soap and wash self
- ☐ Dries hands and face
- ☐ Washes face and hands with soap
- ☐ Washes and dries self reasonably well with prompting
- ☐ Washes and dries self completely independently
- ☐ Prepares and completes bathing unaided
- ☐ Recognizes the need to bathe frequently
- ☐ Uses deodorant when prompted
- ☐ Uses deodorant independently
- ☐ Brushes teeth when prompted
- ☐ Brushes teeth independently
- ☐ Combs/brushes hair with prompting
- ☐ Combs/brushes hair independently
- ☐ Shampoos hair
- ☐ Shaves
- ☐ Trims nails with assistance
- ☐ Trims nails independently
- ☐ Attends to own needs during menstrual period
- ☐ Blows nose when needed

PERSONAL BELONGINGS

Take care of personal belongings...

☐ Never☐ Seldom☐ Usually☐ Always/regularly

ROOM CLEANING

☐ Does not clean room at all☐ Cleans but not thoroughly☐ Cleans room well, e.g., sweeping, dusting, tidying

TABLE CLEANING

☐ Does not clean table at all☐ Clears table of unbreakable dishes☐ Clears table of breakable dishes

FOOD PREPARATION

☐ Does not prepare food at all☐ Prepares simple foods with no mixing or cooking, e.g., sandwiches☐ Mixes and cooks simple foods, e.g., eggs, pancakes, TV dinners☐ Prepares adequate complete meals (may use canned or frozen foods)

Information Provided By/Date: _____

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