

Hampton Township School District

Inventory Tool

Independent Living Skills Inventory Assessment Instructions

In order to accurately complete the IL assessment, please involve the student, parent and teacher, and any other persons knowledgeable about the skills of the youth.

The level of attainment for each youth completing this assessment is the lowest level where they satisfactorily complete the required number of questions. Youth may be highly competent in some areas, but have limited basic knowledge in others. Having basic knowledge in each area is important for long term success, and plan development should be focused on filling gaps in the youth knowledge.

All youth should be assessed in grades 7-12. Each year the receiving teacher should compare the progress from the previous year's results.

Cover Sheet						
Name of Youth: Person		Person ID:		DOB:		
Person(s) Involved in Life Skills Assessment and Dates of Assessment			Date:			
*S= student, P= parent, T= teacher						
	Category		Date Skill Attained			
			BASIC	INT	ADV	EXCEL
Α	Money Management/Consumer A	wareness				
В	Food Management					
С	Personal Appearance and Hygiene	j				
D	Health					
Е	Housekeeping					
F	Housing					
G	Transportation					
Н	Educational Planning					
1	Job Seeking Skills					
J	Job Maintenance Skills					
K	Emergency and Safety Skills					
L	Knowledge of Community Resour	ces				
М	Interpersonal Skills					
N	Legal Skills					

Category A: Money Management and Consumer Awareness	S= Student, P= Parent, T= Teacher
Basic – Must know 3 of 5 to advance to the next level of achievement:	,
S P T	
☐ ☐ Knows values of coins and currency.	
☐ ☐ Can Make a transaction at a local store and count change.	
☐ ☐ ☐ Has an understanding of the difference between "luxuries" and "necessities" in fo	and transportation clothing housing
☐ ☐ Understands the difference between "sale price" and "regular price".	ood, transportation, docume, nousing.
☐ ☐ ☐ Can identify one way to save money on purchases.	
Intermediate – Must know 4 of 6 advance to the next level of accomplishment:	
S P T	
☐ ☐ ☐ Can open a checking or savings account.	
Can write checks/make withdrawals and make deposits.	
Can record banking transactions (either checking or savings).	
Can budget allowance between gross wage and take home pay.	
Understands the difference between gross wage and take home pay.	
Can use a calculator to add, subtract, divide and multiply.	
Advanced – Must know 4 of 6 advance to the next level of accomplishment:	
S P T	
	onandant living
l 	
Can read monthly bank statements, compare balances, make adjustments as new fees, adjust for differences in the balance).	Lessary (deduct service charges, check
	required for filing taxes and knows
Understands the responsibility of filing tax forms. Knows the information that is	required for filling taxes and knows
where to go to get assistance in filing taxes.	
Exceptional – Must know at least 3 to be rated as exceptional:	
S P T	
Budgets for unanticipated emergencies, seasonal bills, etc.	
Understands buying on credit, loans, interest, and late payment penalties.	
i -	
Understands payroll deductions, taxes, FICA, insurance.	
☐ ☐ ☐ Can complete a short tax form. ☐ ☐ ☐ Can balance a checkbook.	
Has regular savings program.	
Category B: Food Management Basic – Must know at least 3 of 4:	
☐ ☐ ☐ Washes hands before eating and preparing food. ☐ ☐ ☐ ☐ Can order in a cafeteria or fast food restaurant.	
Can describe food pyramid and foods that contribute to a healthy life style.	
☐ ☐ ☐ Knows name and use of cooking utensils. Intermediate – Must be able to do 5 of 8:	
☐ ☐ ☐ Can order a meal from the menu in a restaurant. ☐ ☐ ☐ Can fix a breakfast for one.	
Can fix a breakfast for one.	
Can fix function one.	
Can make out a grocery shopping list.	o needer logg heater lets \
Can use cooking utensils effectively and safely (knives, grater, can opener, potate	o peeier, egg beater, etc.).
Can use kitchen appliances effectively and safely.	
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Category B: Food Management (continued)
Advanced – Must know 5 out of 7:
S P T ☐ ☐ Stores perishable items under refrigeration. ☐ ☐ ☐ Recognizes signs of spoilage in food. ☐ ☐ ☐ Can follow the instructions for preparing canned or frozen food.
 ☐ ☐ ☐ Can plan weekly menu of nutritious meals. ☐ ☐ ☐ Can shop for a week's menu and stay within a food budget. ☐ ☐ ☐ Can set the table. ☐ ☐ ☐ Can carry out a grocery-shopping trip (selecting items on the shopping list and paying the cashier).
Exceptional – Must know at least 3:
S P T Prepares recipes from a cookbook. Can adjust recipes to feed more or less people than called for in the recipes. Understands how to use dates on food packages to prevent spoilage. Prepares and eats a balanced diet. Understands and can use unit pricing to comparison shop. Category C: Personal Appearance and Hygiene
Basic – Must be able to do 4 of 4:
S P T Can dress self (including underwear, socks, and tied shoes) in a reasonably acceptable fashion. Can bathe self. Knows how to use soap, shampoo, deodorant, shaving cream, other common personal products appropriate to sex. Brushes teeth regularly.
Intermediate – Must be able to do 3 of 3:
S P T Showers or bathes regularly. Keeps hair clean and neat. Dresses in reasonably clean clothing.
Advanced – Must be able to do 4 of 6:
S P T Can read clothing labels and determine which clothes are to be dry cleaned, hand washed, and machine-washed. Can sort and machine-wash clothes at a Laundromat using appropriate temperatures, amounts of soap, bleach etc. Can dry clothes in a dryer using appropriate settings. Knows the cost of and can budget money for special hair and nail care (i.e., permanents, braiding, manicures, etc.). Can iron clothes. Can sew on buttons and make minor clothing repairs.
Exceptional – Must know at least 2:
S P T Can hand wash items following the instructions on the label. Knows appropriate clothing to wear for almost all occasions. Knows approximate cost of dry cleaning and can arrange for dry cleaning.
Category D: Health
Basic – Must know 5 of 6:
S P T Can open childproof container. Knows not to take someone else's medication. Knows that drugs, alcohol, and tobacco may be harmful to your health. Knows parts of the body and sexual functioning. Knows how and where to get emergency health care.
Intermediate – Must know 3 of 4:
S P T Can recognize and describe symptoms of colds, flu, and other common health problems. Knows what to do for a minor cut, a minor burn, a splinter.

C. C. C. Understande the side of drop and sleekelekers
Understands the risks of drug and alcohol abuse.
Category C: Personal Appearance and Hygiene (continued)
Advanced – Must know 9 of 13:
S P T Can take own temperature using an oral thermometer. Can nurse self through cold of flu. Recognizes/makes correct use of "over the counter" drugs for pain, stomach upset, diarrhea, fever, cold/allergy. Can call a doctor or dentist and schedule an appointment.
☐ ☐ ☐ Can read a prescription label correctly and follow the instructions. ☐ ☐ ☐ ☐ Can take medication without supervision. ☐ ☐ ☐ ☐ Knows how to dispose of drugs in a safe manner.
 ☐ ☐ ☐ Knows how to use what is included in a First Aid Kit. ☐ ☐ ☐ Knows how to obtain a copy of personal immunization records and medical history. ☐ ☐ ☐ Has selected a doctor, dentist or clinic for regular health care.
☐ ☐ ☐ Understands the importance of medical insurance.
Exceptional – Must know at least 2:
S P T S Is conscious of diet, exercise, good eating habits, and other preventative health measures. S P T S Can determine when to go to an emergency room and when to make an appointment with the family doctor or clinic. S P T Has obtained medical insurance.
Category E: Housekeeping
Basic – Must know 3 of 4:
S P T Can wash dishes adequately using soap and hot water. Can change a light bulb. Can make a bed. Knows how to dispose of garbage.
Intermediate – Must know 3 of 5;
S P T Can use a vacuum cleaner properly and change the bag. Can change bed linen. Knows how to prevent sinks and toilets from clogging. Knows how to sweep floor and stairs, wash wood and linoleum floors, wash windows, dust, polish furniture, clean toilet, clean bath tub and sink.
☐ ☐ Knows appropriate cleaning products to use for different cleaning jobs.
Advanced – Must know 5 of 7:
S P T
Exceptional – Must know at least 3:
S P T
☐ ☐ ☐ Knows how to get rid of and avoid roaches, ants, mice, etc.

Category F: Housing
Basic – Must know 2 of 2:
S P T
☐ ☐ ☐ Understands the concept of renting.
☐ ☐ ☐ Knows how to access emergency shelter.
Intermediate – Must know 3 of 4:
S P T
Can read want ads for vacancies.
Understands basic terms (lease, sib-let, utilities, studio, efficiency, security deposit, references, etc.).
Can calculate the costs associated with different types of housing.
☐ ☐ ☐ Can describe pros and cons of choosing a roommate.
Advanced – Must know 6 of 9:
S P T
☐ ☐ Can identify type of housing that is within budget and meets current housing needs.
☐ ☐ ☐ Can calculate "start up" costs (Utility deposits, connection fees, security deposit, first month's rent, purchase of furniture
and all other household items).
☐ ☐ Can complete a rental application.
☐ ☐ ☐ Can ask the landlord about the available apartments to determine if it meets their needs.
☐ ☐ ☐ Knows to inspect the apartment to make sure appliances work and that the landlord has supplied accurate information
about the apartment and the neighborhood.
Shows some concern for the rights of other residents with regard to property and noise.
Understands the consequences if the rights of other residents are not respected.
Understands the implication of the security deposit.
☐ ☐ Knows the role of the landlord.
Exceptional – Must know at least 2:
S P T
☐ ☐ Demonstrates the ability to get along with other residents and the landlord.
☐ ☐ Knows how to get help if there is a conflict with the landlord.
☐ ☐ ☐ Can access emergency assistance for utilities.
Category G: Transportation
Basic – Must know 3 of 6:
S P T
Can ride a bicycle safely.
Understands and uses seat belts.
Familiar with any form of public transportation available.
☐ ☐ ☐ Knows the nearest public bus stop to your home.
☐ ☐ ☐ Knows the amount of money required for bus fare.
☐ ☐ Knows the nearest town with bus service.
Intermediate – Must know 3 of 6:
S P T
☐ ☐ Aware of consequences of driving without a license and insurance.
☐ ☐ ☐ Has successfully completed a Driver's Education class.
☐ ☐ ☐ Knows how to call a taxi and provide information needed. Knows the approximate cost of taking a taxi.
☐ ☐ ☐ If given instructions, can make public transportation journey involving several transfers.
☐ ☐ ☐ Knows requirements for foster parent reimbursement for providing transportation.
Can give directions.
Advanced – Must know 4 of 5:
S P T
Can arrange routine transportation to work or school.
☐ ☐ Knows what is required to get a driver's license.
☐ ☐ Has driver's permit.
☐ ☐ Can fix a bicycle.
☐ ☐ Can read a map.

Category G: Transportation (continued)
Exceptional – Must know 2 of 3:
S P T
☐ ☐ Knows how to do basic car maintenance.
☐ ☐ ☐ Can estimate cost of owning and operating a car for a month/year including tabs and insurance.
☐ ☐ Has a driver's license.
Category H: Educational Planning
Basic – Must know 2 of 2:
S P T
Has a realistic view of his/her chances for completing high school.
☐ ☐ ☐ If high school graduation is not realistic, understands what a GED is and how to obtain one.
Intermediate – Must know 3 of 4:
S P T
☐ ☐ ☐ Can fill out forms to enroll in an educational program.
☐ ☐ Has a general idea of what education is needed for the job he/she wants.
☐ ☐ Can discuss educational/vocational plans with teachers/counselor.
☐ ☐ Is aware of educational resources available in the community.
Advanced – Must know 4 of 6:
S P T
☐ ☐ ☐ Knows how to obtain school transcripts.
☐ ☐ ☐ Is aware of current educational credits and standing.
☐ ☐ ☐ Has an appropriate educational plan for the job selected.
Understands educational/skill requirements for job selected.
□ □ □ Is aware of the cost of higher education/vocational training.
☐ ☐ Knows the difference between a loan and a grant.
Exceptional – Must know at least 3:
S P T
Shops around" to find the best educational resources.
☐ ☐ ☐ Knows where to find and how to access adult education or vocational training in the community.
☐ ☐ Knows how to obtain financial aid/scholarships for additional education.
☐ ☐ Understands future prospects and probable living standards relative to levels of education and specialized skills.
☐ ☐ Is able to identify the connection between course work and vocational goals.
Category I: Job Seeking Skills
Basic – Must know 2 of 2:
S P T
☐ ☐ ☐ Has reasonable idea of the types of jobs available to him/her.
☐ ☐ Knows what the minimum wage is.
Intermediate – Must know 4 of 5:
S P T
Can fill out a standard job application form.
Can read the want ads and find appropriate leads.
Can complete a mock interview giving appropriate answers to potential questions.
Can make appointment for a job interview.
☐ ☐ ☐ Knows appropriate clothing to wear for the interview.
Advanced – Must know 6 of 8:
S P T
☐ ☐ Can write a resume.
☐ ☐ ☐ Has a completed job application/fact sheet to take on a job interview.
☐ ☐ ☐ Knows to prepare for a job interview.
☐ ☐ Can complete a job interview.
☐ ☐ ☐ Knows the function of and can contact the public employment agency.
☐ ☐ ☐ Know the function of and understands that private employment agencies charge fees.
Can identify ads place by private employment agencies.
☐ ☐ Can contact temporary employment services.

Category I: Job Seeking Skills (continued)
Exceptional – Must know at least 2:
S P T
│ □ □ □ Has a resume.
☐ ☐ ☐ Can follow up an interview with a letter.
☐ ☐ ☐ Is able to maturely weigh the advantages of one job over another.
☐ ☐ Understands legal discrimination and where to seek help if discriminated against illegally.
Category J: Job Maintenance Skills
Basic – Must know 3 of 4:
S P T
☐ ☐ ☐ Dresses for work appropriately.
Reports to work on time.
☐ ☐ Knows job responsibilities and how to complete job tasks.
☐ ☐ Knows to contact employer when not able to go to work.
Intermediate – Must know 3 of 4:
S P T
☐ ☐ ☐ Know how to read a pay stub.
☐ ☐ ☐ Knows appropriate way to talk to supervisor.
Movement
S P T
☐ ☐ ☐ Knows if eligible for sick time, vacation time, or personal time.
☐ ☐ Knows what a grievance procedure is.
☐ ☐ ☐ Knows what to do to get a raise.
☐ ☐ ☐ Knows where and when not to talk with co-workers.
☐ ☐ Has a plan for handling anger when angry at supervisor, co-workers, or customers.
Exceptional – Must know at least 3:
S P T
☐ ☐ Can implement anger management plan in majority of cases.
☐ ☐ Knows how to use company grievance procedure to resolve disagreements.
☐ ☐ Knows companies "unwritten policies" and can function within them.
☐ ☐ Knows how to ask for a raise.
☐ ☐ Knows what to do to be eligible for promotion.
☐ ☐ Knows legal rights as an employee.
Category K: Emergency and Safety Skills
Basic – Must know 4 of 5:
S P T
☐ ☐ ☐ Knows functions of police, ambulance and fire department. Can reach each by calling the appropriate number.
□ □ Is trained to evacuate the residence in case of fire.
☐ ☐ Knows proper way of disposing of smoking materials, if smokes.
☐ ☐ ☐ Knows how to lock and unlock doors and windows.
☐ ☐ ☐ Knows how to check smoke alarm and how to replace battery.
Intermediate – Must know 3 of 5:
S P T
electrical cords, etc.)
☐ ☐ Knows how to use a fire extinguisher.
☐ ☐ Knows that improperly used appliances can cause fires.
Can recognize the smell of gas leak.
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Category K: Emergency and Safety Skills (continued)
Advanced – Must know 2 of 3:
S P T
☐ ☐ ☐ Knows the different methods for putting out different kinds of fires.
☐ ☐ ☐ Knows how to properly store cleaning materials.
Can usually determine when professional medical help is needed.
Exceptional – Must know 2 of 2:
*Youth may have their cards, but completion of the other areas is important. The rating should be based on the
Lowest area where they have completed the skills.
S P T
☐ ☐ Has completed First Aid training.
☐ ☐ Has completed CPR training.
Category L: Knowledge of Community Resources
Basic – Must know 4 of 5:
S P T
☐ ☐ ☐ Knows how to get emergency information by telephone.
☐ ☐ ☐ Knows whom to contact if injured or sick.
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☐ ☐ ☐ Knows where nearest supermarket or shopping district is located.
☐ ☐ ☐ Knows how to access emergency food and shelter.
☐ ☐ Knows how to access crisis line.
Intermediate – Must know 3 of 5:
S P T
☐ ☐ Knows where nearest Laundromat is located.
☐ ☐ Knows where personal bank is located.
☐ ☐ Can use the white pages or Internet to obtain contact information.
☐ ☐ ☐ Knows location of nearest post office and how to use it.
Advanced – Must know 3 of 5:
S P T
☐ ☐ ☐ Knows whom to contact if utilities are disconnected, or heat goes out.
☐ ☐ ☐ Knows where and how to register for selective service.
☐ ☐ ☐ Knows where the nearest state employment office is located.
☐ ☐ ☐ Can obtain a copy of birth certificate and a duplicate social security card.
☐ ☐ Has awareness of "specialized" resources: mental health counseling, consumer counseling, student aid office,
tenant groups, animal control, public recreation, etc.
Exceptional – Must know at least 2:
S P T
☐ ☐ ☐ Knows who elected representatives are and how to contact them.
☐ ☐ ☐ Has obtained a library card.
☐ ☐ ☐ Knows what the Better Business Bureau does and how to contact the Bureau.
Category M: Interpersonal Skills
Basic – Must know 5 of 5:
S P T
☐ ☐ ☐ Can respond to introductions and answer simple questions.
☐ ☐ Can identify one friend.
☐ ☐ Look others in the eye and shake hands if other person offers.
☐ ☐ ☐ Can make "small talk" (face to face).
☐ ☐ ☐ Communicates with at least one person weekly.
Intermediate – Must know 4 of 6:
S P T
Can make introductions, including approaching others to introduce self.
☐ ☐ Is aware of boundary issues.
☐ ☐ Is not harmful to others.
☐ ☐ Can ask for help.
Can explain feelings.

☐ ☐ Can identify relationships that may be hurtful or dangerous.
Category M: Interpersonal Skills (continued)
Advanced – Must know 8 of 13:
S P T ☐ ☐ Can identify personal strengths and needs (with assistance if necessary).
☐ ☐ Accepts invitations from others to be involved in social activites.
☐ ☐ Make arrangements with peers for social activities.
☐ ☐ ☐ Knows where to get help if unable to resolve interpersonal conflicts alone.
☐ ☐ Has some ability to resolve conflicts with others.
Refrains from physical violence as a means of solving interpersonal conflict.
☐ ☐ ☐ Has practiced how to say "no" to a peer who is trying to persuade him/her to do something wrong.
Can develop a realistic plan with appropriate steps identified to achieve goals.
Can carry out plans with some assistance provided.
Can describe the "best possible" outcome if the goal is achieved and the "worst possible" outcome if the goal is not achieved.
☐ ☐ ☐ Can describe the relationship between actions and consequences.
Has "good" table manners (can use a knife, fork, spoons, and napkin appropriately).
Avoids hurtful or dangerous relationships.
Exceptional – Must know at least 3:
S P T
☐ ☐ Labels and expresses anger or other strong feelings appropriately, "talks out" problems.
☐ ☐ Has demonstrated the ability to say "no" to peers.
☐ ☐ ☐ Can develop and carry out a personal plan for goal achievement without supervision.
☐ ☐ ☐ Can anticipate, with limited input from others, what consequences might be associated with different choices.
☐ ☐ ☐ Knows when and how to send written thank-you notes.
Can close a relationship or say "good bye" in a healthy manner.
Category N: Legal Issues
Basic – Must know 2 of 2:
S P T
S P T
S P T Has the phone number of someone to call if arrested or victimized. Understands generally what actions are against the law and what the consequences are.
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S P T Has the phone number of someone to call if arrested or victimized. Understands generally what actions are against the law and what the consequences are. Intermediate – Must know 4 of 7: S P T Knows personal rights if arrested. Knows what the function of a lawyer is. Knows the legal age for buying alcohol and tobacco products. Understands the meaning of "legal age" in legal terms (what you can do, what you cannot do). Knows how to read a contract.
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Category N: Legal Issues (continued)		
Exceptional – Must know at least 2:		
S P T		
	Show good citizenship and an understanding of the rights and responsibility of a citizen.	
	Is registered to vote.	
	Knows where to go to vote.	
	Knows the difference between "felony", "misdemeanor", and "violation".	