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
<table>
<thead>
<tr>
<th>Category</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>PERSONAL BELONGINGS</td>
<td>□ Never                                      □ Seldom                                      □ Usually                                      □ Always/regularly</td>
</tr>
<tr>
<td>ROOM CLEANING</td>
<td>□ Does not clean room at all</td>
</tr>
<tr>
<td></td>
<td>□ Cleans but no thoroughly</td>
</tr>
<tr>
<td>TABLE CLEANING</td>
<td>□ Does not clean table at all</td>
</tr>
<tr>
<td></td>
<td>□ Clears table of unbreakable dishes</td>
</tr>
<tr>
<td>FOOD PREPARATION</td>
<td>□ Does not prepare food at all</td>
</tr>
<tr>
<td></td>
<td>□ Prepares simple foods with no mixing or cooking, e.g., sandwiches</td>
</tr>
<tr>
<td></td>
<td>□ Mixes and cooks simple foods, e.g., eggs, pancakes, TV dinners</td>
</tr>
</tbody>
</table>

Information Provided By/Date: ____________________________________________

Source: with permission from Pleasant View, Inc. application