

## 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: \_\_\_\_\_

Source: with permission from Pleasant View, Inc. application