

# Adaptive Skills Checklist

## Client Information

Name:

Age:

Gender:

## Instructions

Please check the box that most appropriately describes the ability to perform the following adaptive skills.

## Assessment Purpose

- Initial Evaluation
- Progress Monitoring
- Transition Planning
- Other: \_\_\_\_\_

| Adaptive Skills                                      | Cannot do<br>(Requires full assistance) | Can partially do (Needs some assistance) | Can do independently<br>(Does not require any help) |
|------------------------------------------------------|-----------------------------------------|------------------------------------------|-----------------------------------------------------|
| <b>Communication</b>                                 |                                         |                                          |                                                     |
| Uses appropriate verbal and non-verbal communication |                                         |                                          |                                                     |
| Expresses needs effectively                          |                                         |                                          |                                                     |
| Understands and processes what others say            |                                         |                                          |                                                     |
| <b>Practical Learning</b>                            |                                         |                                          |                                                     |
| Applies academic skills in practical situations      |                                         |                                          |                                                     |

| <b>Adaptive Skills</b>                                       | <b>Cannot do<br/>(Requires full<br/>assistance)</b> | <b>Can partially<br/>do (Needs<br/>some<br/>assistance)</b> | <b>Can do<br/>independently<br/>(Does not<br/>require any<br/>help)</b> |
|--------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Practical Learning</b>                                    |                                                     |                                                             |                                                                         |
| Follows instructions to perform tasks                        |                                                     |                                                             |                                                                         |
| Utilizes problem-solving skills                              |                                                     |                                                             |                                                                         |
| <b>Self-Direction</b>                                        |                                                     |                                                             |                                                                         |
| Completes tasks independently                                |                                                     |                                                             |                                                                         |
| Understands and follows personal schedule                    |                                                     |                                                             |                                                                         |
| Sets personal goals and plans accordingly                    |                                                     |                                                             |                                                                         |
| <b>Leisure Time</b>                                          |                                                     |                                                             |                                                                         |
| Participates in recreational activities                      |                                                     |                                                             |                                                                         |
| Uses leisure time productively                               |                                                     |                                                             |                                                                         |
| Understands and respects regulations for leisure activities  |                                                     |                                                             |                                                                         |
| <b>Social Life</b>                                           |                                                     |                                                             |                                                                         |
| Initiates and maintains relationships                        |                                                     |                                                             |                                                                         |
| Navigates social situations appropriately                    |                                                     |                                                             |                                                                         |
| Respects social norms and cultural diversity                 |                                                     |                                                             |                                                                         |
| <b>Social Functioning</b>                                    |                                                     |                                                             |                                                                         |
| Understands and responds to social cues appropriately        |                                                     |                                                             |                                                                         |
| Understands and fulfills societal roles and responsibilities |                                                     |                                                             |                                                                         |
| Handles conflict well and uses polite behavior               |                                                     |                                                             |                                                                         |

| <b>Adaptive Skills</b>                                        | <b>Cannot do<br/>(Requires full<br/>assistance)</b> | <b>Can partially<br/>do (Needs<br/>some<br/>assistance)</b> | <b>Can do<br/>independently<br/>(Does not<br/>require any<br/>help)</b> |
|---------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Home/School Activities</b>                                 |                                                     |                                                             |                                                                         |
| Completes age-appropriate chores/tasks                        |                                                     |                                                             |                                                                         |
| Participates in educational activities and completes homework |                                                     |                                                             |                                                                         |
| Follows home/school rules and procedures                      |                                                     |                                                             |                                                                         |
| <b>Health and Safety</b>                                      |                                                     |                                                             |                                                                         |
| Understands and practices safety guidelines                   |                                                     |                                                             |                                                                         |
| Practices good hygiene and healthy habits                     |                                                     |                                                             |                                                                         |
| Recognizes potential dangers and knows when to seek help      |                                                     |                                                             |                                                                         |
| <b>Self-Care</b>                                              |                                                     |                                                             |                                                                         |
| Carries out daily self-care routines independently            |                                                     |                                                             |                                                                         |
| Adapts to changes in routine                                  |                                                     |                                                             |                                                                         |
| Manages personal belongings                                   |                                                     |                                                             |                                                                         |
| <b>Motor Skills</b>                                           |                                                     |                                                             |                                                                         |
| Has adequate fine motor skills (e.g., writing, buttoning)     |                                                     |                                                             |                                                                         |
| Has adequate gross motor skills (e.g., running, throwing)     |                                                     |                                                             |                                                                         |
| Demonstrates coordination and balance                         |                                                     |                                                             |                                                                         |

| Adaptive Skills                                           | Cannot do<br>(Requires full assistance) | Can partially do (Needs some assistance) | Can do independently<br>(Does not require any help) |
|-----------------------------------------------------------|-----------------------------------------|------------------------------------------|-----------------------------------------------------|
| <b>Work</b>                                               |                                         |                                          |                                                     |
| Demonstrates understanding of job duties and expectations |                                         |                                          |                                                     |
| Works collaboratively with co-workers                     |                                         |                                          |                                                     |
| Completes tasks on time and with attention to detail      |                                         |                                          |                                                     |

| <b>Additional Notes</b> |
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|                         |

**Reference:**

Prokopiak, A., & Kirenko, J. (2020). ABAS-3 - an instrument for assessing adaptive skills in people with an intellectual disability. *Hrvatska Revija Za Rehabilitacijska Istraživanja*, 56(2), 154–168. <https://doi.org/10.31299/hrri.56.2.9>