

# 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 (Requires full assistance)	Can partially do (Needs some assistance)	Can do independently (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 (Requires full assistance)</b>	<b>Can partially do (Needs some assistance)</b>	<b>Can do independently (Does not require any 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 (Requires full assistance)</b>	<b>Can partially do (Needs some assistance)</b>	<b>Can do independently (Does not require any 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 (Requires full assistance)	Can partially do (Needs some assistance)	Can do independently (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>

**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>