

Adaptive Skills Checklist

Client information			
Name:			
Date of birth:		Age:	
Gender:		Contact information:	
Relevant medical information (if needed):			
Assessment purpose			
Initial evaluation		Transition planning	
Progress monitoring		Other:	
Checklist			
Adaptive skills	Cannot do <i>(Requires full assistance)</i>	Can partially do <i>(Needs some assistance)</i>	Can do independently <i>(Does not require any help)</i>
Communication			
Uses appropriate verbal and nonverbal communication			
Expresses needs effectively			
Understands and processes what others say			
Practical learning			
Applies academic skills in practical situations			
Follows instructions to perform tasks			
Utilizes problem-solving skills			
Self-direction			
Completes tasks independently			
Understands and follows a personal schedule			
Sets personal goals and plans accordingly			

Adaptive skills	Cannot do <i>(Requires full assistance)</i>	Can partially do <i>(Needs some assistance)</i>	Can do independently <i>(Does not require any help)</i>
Leisure time			
Participates in recreational activities			
Uses leisure time productively			
Understands and respects regulations for leisure activities			
Social life			
Initiates and maintains relationships			
Navigates social situations appropriately			
Respects social norms and cultural diversity			
Social functioning			
Understands and responds to social cues appropriately			
Understands and fulfills societal roles and responsibilities			
Handles conflict well and uses polite behavior			
Home/school activities			
Completes age-appropriate chores/tasks			
Participates in educational activities and completes homework			
Follows home/school rules and procedures			
Health and safety			
Understands and practices safety guidelines			
Practices good hygiene and healthy habits			
Recognizes potential dangers and knows when to seek help			

Adaptive skills	Cannot do <i>(Requires full assistance)</i>	Can partially do <i>(Needs some assistance)</i>	Can do independently <i>(Does not require any help)</i>
Self-care			
Carries out daily self-care routines independently			
Adapts to changes in routine			
Manages personal belongings			
Motor skills			
Has adequate fine motor skills (e.g., writing, buttoning)			
Has adequate gross motor skills (e.g., running, throwing)			
Demonstrates coordination and balance			
Work			
Demonstrates understanding of job duties and expectations			
Works collaboratively with co-workers			
Completes tasks on time and with attention to detail			
Additional notes			