

PERSONAL SELF-ASSESSMENT TOOL FOR INDEPENDENT LIVING

This assessment is can be completed by someone who wants to move into independent living; it can be done with assistance from a caregiver if necessary. It asks questions about all the things that independent living will require, and can be helpful in clarifying or perhaps challenging how ready someone might be to live on their own.

Name:		Date:		
MONEY		Yes	No	Partly
I know how to open a bank account and check a bank statement.				
I understand the fees for being overdrawn and using ATMs.				
I know how to use an ATM, the internet and phone for banking.				
I know how to use electronic funds transfer at point of sale (EFTPOS) and use of payment cards, such as debit or credit cards, at payment terminals located at points of sale.				
I understand how credit cards work and the real cost of buying goods on credit.				
I know where to go for help if I run into trouble with debt or if I think I'm being ripped off by a credit provider.				
I understand the importance of having a good credit history.				
I understand there are immediate consequences of not paying bills such as electricity being cut off.				
I know to contact a service provider to agree on a repayment plan if I can't pay a bill in full.				
I know the different ways to borrow money (e.g. friends, family, pawn shops, loans) and the advantages and disadvantages of each.				
I know how to fill in a tax return and the consequences of not filing a tax return or making false statements.				
I can budget for regular bills and unexpected emergencies and have a savings plan.				
I know where to shop for budget food, clothing and household furnishings.				
I understand the difference between luxuries and necessities.				
I understand the advantages of having a prepaid mobile phone rather than being on a monthly plan.				
I understand the costs of owning and running a car including loan payments, gas, registration, insurance, taxes and maintenance.				

HOUSING	Yes	No	Partly
I understand the different housing options available and know which ones are within my budget.			
I know how to look for housing (e.g. newspaper ads, real estate agents, noticeboards, internet, word of mouth).			
I understand basic terms like lease, sublet, studio, tenant and			
I know how to choose where to live based on condition of the property, safety, and nearness to transport, family, friends, work or study.			
I can fill in a rental application form and understand the importance of properly completing the property inspection form.			
I can fill in a rental agreement			
I understand that to keep my home I need to: · budget well so I can pay the rent/mortgage on time · keep the property clean and tidy · follow rules in the lease agreement · manage visitors properly so I don't disturb neighbors · make sure my roommate (if I have them) agree to these rules too			
I understand what can happen if I break a lease agreement.			
I know where to get help if there is a problem with the landlord.			
I understand the cost of setting up a rental (e.g. payment of security deposits, advance rent, utilities connection).			
I can list necessary household items (e.g. furniture, kitchen equipment, linen).			
HEALTH AND WELLBEING	Yes	No	Partly
I understand the difference between healthy and unhealthy food choices and habits and look after my diet.			
I practice good personal hygiene (e.g. brush teeth, shower or bathe regularly, wash hands after using the bathroom etc.)			
I understand how poor hygiene affects relationships with others and increases the risk of getting sick or spreading germs.			
I understand the risks of using drugs, alcohol and smoking.			
I understand the risks of sexually transmitted infections and how to prevent them.			
I know where to get reliable information about health issues.			
I know where my nearest medical center is and where to go for help with emotional problems and dealing with addictions.			
I can fill in a form that asks about my health and medical history			

I know the birth control options, where to get contraception and options for pregnancy.			
I know to call 911 in an emergency for police, fire brigade or ambulance.			
I know how to contact the 24 hour crisis lines for counselling.			
I know where to get help with domestic violence or sexual assault.			
I know where to get help if I have questions about my sexuality.			
I can tell if I have a fever and can recognize symptoms of cold, flu and other health problems including stress, depression or anxiety.			
I have ways to deal with stress or to calm myself down if I need to.			
I know how to treat minor injuries such as cuts, burns, insect bites and splinters.			
I can put a basic first aid kit together.			
I can select appropriate over the counter medications for pain, diarrhea, cold and allergy symptoms, and can follow directions for using them without supervision.			
I have a Medicare card and know how to make a Medicare claim.			
I know how to check a smoke alarm and the methods for putting out different kinds of fires.			
I understand common causes of household fires (e.g. smoking in bed, frayed electrical cords, overloading power circuits, using candles).			
I understand common causes of electrocution (e.g. using a knife to get toast out of a toaster, not turning light off when changing a light bulb).			
I know to keep windows and doors locked especially at night.			
I know how to properly store hazardous household materials, petrol, gas bottles.			
I know how to protect my identity, personal information and financial details on the Internet and phone.			
DAILY LIVING SKILLS	Yes	No	Partly
I know how to care for clothes including cleaning according to instructions on labels, using a washing machine, clothes dryer, laundromat and iron.			
I can plan a weekly menu of nutritious meals and develop a weekly shopping list within a budget.			
I know how to tell if fruit and vegetables are fresh when shopping.			
I know how to read food labels for nutritional information and expiration date. I know which items need to be kept in the fridge or freezer and can recognize when food has gone bad.			
I know how to use kitchen utensils and appliances.			

I can cook a meal including following a recipe and adjusting it to feed more or less people.			
I use good kitchen hygiene practices such as washing hands before preparing food and using safe ways to defrost and prepare food.			
I can clean a house including the toilet, bathroom, sink and stove and can keep a room tidy including making a bed and changing linen.			
I know what cleaning products and equipment to use for different jobs and how to use them including how to change a vacuum cleaner bag			
I know what can cause infestations of bugs, ants and mice and what products to use to get rid of them.			
I know how to properly dispose of garbage, including recycling.			
I know how often household chores need to be done to keep the home reasonably clean.			
I know how to safely look after things around the house such as defrost a fridge, stop a toilet from running, change a light bulb or reset a circuit breaker.			
I can read a bus or train timetable, can plan a trip using public transport involving several transfers, and travel independently.			
I know how to get a driver's license and where to find cars for sale.			
I understand the consequences of not paying road tolls, parking fines etc. and that I could lose my license.			
I understand the consequences of speeding and drink driving or driving without a license or insurance.			
I know how to get the internet connected			
I can buy stamps, redirect mail and pay bills at the post office.			
PERSONAL AND SOCIAL DEVELOPMENT	Yes	No	Partly
I know how to greet someone and introduce myself.			
I can hold a conversation with others and maintain comfortable eye contact.			
I understand there are social boundaries and these differ depending on the type of relationship (e.g. family, friend, boyfriend/girlfriend, professional).			
I know how to convey respect, caring, honesty and trustworthiness (e.g. saying thank you, not being rude, valuing others opinions, not keeping people waiting, accepting responsibility for a mistake).			
I know the difference between passive, aggressive and assertive communication.			
I can say 'no' to sales people if I'm not interested in what they are selling and understand there's usually a catch to giveaways offered over the phone.			
I can return something that is faulty and ask for repairs under warranty.			

I know how to manage conflict and keep my cool.			
I know how to use questions to clarify or obtain information.			
I understand the difference between gossip and sharing information.			
I can identify and avoid relationships that may be dangerous or unhealthy and can say 'no' to them.			
I understand that taking part in social activities can help me feel better about myself and improve my confidence.			
I know how to find out about community resources, leisure and sporting activities or cultural associations using the internet, White Pages, Yellow Pages and local community directories.			
LEGAL RIGHTS AND RESPONSIBILITIES	Yes	No	Partly
I know who to complain to if I am discriminated against.			
I understand the consequences of damaging public property and other anti-social behavior.			
I know that when I turn 18 I gain the legal right to: · enter into enforceable contracts · buy or sell property · marry without parent or guardian's consent · sue or be sued · make a will · inherit property · vote · join armed forces without parent or guardian's consent · buy tobacco and alcohol			
I know the legal age of consent			
I know how and where to register to vote			
I have a general idea of the penalties for: · buying, possessing, selling drugs · damaging property · stealing cars · burglary, shoplifting · physical assault · traffic violations · trespassing			
I know what my rights are if I'm arrested and who to call.			
I know where to get free legal services if I am a victim of crime or are charged with an offense.			
I know where I can find information about legal issues or get legal advice.			
I know who to ask if I want to see records that were kept about my care.			