



central ohio behavioral consulting
Self Help Skills Inventory

Skill	Independently able to complete	Needs occasional prompting to complete	Needs full prompting to complete	
Dressing	Using numbers 1-6, rank order each category by current order of importance. 1 = first priority			Rank:
Takes off shoes				
Takes off socks				
Takes off pants				
Takes off T-shirt				
Takes off sweatshirt/sweater				
Takes off jacket				
Takes off underwear				
Puts on shoes (with correct feet)				
Puts on socks				
Puts on pants				
Puts on T-Shirt				
Puts on sweatshirt/sweater				
Puts on jacket				
Puts on underwear				
Ties Shoes				
Puts clothes on in correct direction				
Manipulates Fasteners (buttons, snaps, zippers)				

Date: _____ Client: _____
Name of person completing: _____

Skill	Independently able to complete	Needs occasional prompting to complete	Needs full prompting to complete	
Toileting	Rank:			
Uses toilet (Urine)				
Uses toilet (BM)				
Self Care	Rank:			
Brushes teeth				
Washes hands				
Blows nose				
Uses a washcloth to clean self during bath/shower				
Washes hair during bath/shower				
Dries body following bath/shower				
Brushes hair				
Mealtime Skills	Rank:			
Drinks from an open cup				
Uses spoon/fork				
Prepares own drink				
Prepares simple snack				
Spreads/Cuts with a knife				
*Uses microwave				
*Uses stove/oven				

* Complete only if your child is 10+ years old

Skill	Independently able to complete	Needs occasional prompting to complete	Needs full prompting to complete	
*Household Chores	Rank:			
Sets the table				
Clears the table				
Vacuums				
Dusts				
Cleans own room				
Cleans common areas				
Does laundry				
Mows grass				
Waters plants				
Gets the mail				
*Community Skills	Rank:			
Pays cashier				
Orders at restaurant				
Makes change				
Practices appropriate safety during outings				
Locates needed items in a store				
Budgets money for desired items				

Additional Comments:

* Complete only if your child is 10+ years old