

### Strengths and Skills

- 1 I need to work on some skills
- 2 I'm developing skills/strengths
- 3 I've got a few skills in this area
- 4 I can name at least four
- 5 I'm nailing this area

### Finances

cost of aids  
debt  
impulsivity  
tracking/planning

### Communication

phone calls  
appointments  
advocacy  
non-verbal

### Relationships

social rules  
stigma  
communication  
boundaries

### Life Impact

- 1 No impact on my quality of life
- 2 Occasionally but minimal impact
- 3 Sometimes but easy to manage
- 4 Regularly interferes
- 5 Uses up all my spoons

### Eating/Cooking

sensory  
intolerances  
executive function  
going shopping

### Work/Study

due dates  
instructions  
flexibility  
uniforms

### Daily Living

cleaning  
organization  
hygiene  
reminders

### Need Support

- 1 I need minimal support
- 2 I need support occasionally
- 3 I need support day to day
- 4 A carer would be nice
- 5 Just do it for me, thanks

### Sleep

falling asleep  
staying asleep  
sleep schedules  
nightmares

### Sensory

home  
meltdowns  
clothing  
accomodations

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