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

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

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

Finances
cost of aids
debt
impulsivity
tracking/planning

Eating/Cooking
sensory
intolerances
executive function
going shopping

Sleep
falling asleep
staying asleep
sleep schedules
nightmares

Comunication
phone calls
appointments
advocacy
non-verbal

Work/Study
due dates
instructions
flexibility
uniforms

Sensory
home
meltdowns
clothing
accomodations

Relationships
social rules
stigma
communication
boundaries

Daily Living
cleaning
organization
hygiene
reminders

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