

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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