

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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