

# Living on Your Own Skills Questionnaire

It is important to know what supports you will need to be successful living on your own. Think about each skill category below and **check the things** in each box that **you may need help with**. Add others as needed.

## Personal Hygiene

Bathing/showering  
Washing hair  
Grooming  
Nail care  
Caring for your teeth  
Using the toilet & cleaning yourself  
Maintaining continence

## Household Chores

Load/unload dishwasher  
Wash and dry dishes  
Sweeping or vacuuming  
Cleaning the toilet  
Cleaning counters and sinks  
Cleaning showers and tubs  
Dusting  
Washing windows and mirrors

## **Dressing & Clothing Care**

Dress/undress yourself

Help with buttons, snaps or zippers

Doing laundry (sort, wash, dry and fold)

Choosing clothes appropriate for the weather

Choosing clothes appropriate for the occasion

## **Cooking, Eating & Nutrition**

Planning nutritious meals

Shopping for the food you need

Using the stovetop and oven

Using the microwave

Using a sharp knife to cut food

Washing pots and pans

Cleaning up after you are done

## **Wellbeing and Medication Management**

*Your state may have laws that require a nurse to perform some of these activities. Please ask your service coordinator if you have questions about what's allowed in your state.*

Ordering medication when you run out

Filling pill boxes as needed

Taking medications on a schedule

Contacting the clinic when you do not feel well or have a question about your medications

Making doctor/dentist appointments

Getting to medical appointments on time