

# PERSONAL SUPPORT INVENTORY

To be filled out by:

*Parent/Family/Guardian/Support person*

## ◆ EATING AND FOOD PREPARATION

<b>Preparing meals and snacks:</b> <ul style="list-style-type: none"> <li>▪ Gathers ingredients and equipment</li> <li>▪ Opens containers</li> <li>▪ Follows recipe</li> <li>▪ Uses microwave</li> <li>▪ Uses stove top</li> <li>▪ Uses oven</li> <li>▪ Uses other appliances</li> </ul>	Current Level of Functioning
<b>Eating meal /snack</b> <ul style="list-style-type: none"> <li>▪ Oral motor skills i.e. chewing/swallowing</li> <li>▪ Uses utensils</li> <li>▪ Uses manners</li> </ul>	Current Level of Functioning
<b>Preparing eating area</b> <ul style="list-style-type: none"> <li>▪ Sets table</li> <li>▪ Gets condiments</li> </ul>	Current Level of Functioning
<b>Cleaning up after meal</b> <ul style="list-style-type: none"> <li>▪ Puts away leftovers</li> <li>▪ Wipes off work surface</li> <li>▪ Washes dishes                             <ul style="list-style-type: none"> <li>◆ Hand washing</li> <li>◆ Using Dishwasher</li> </ul> </li> </ul>	Current Level of Functioning
<b>Accessibility to kitchen</b> <ul style="list-style-type: none"> <li>▪ Uses adaptive equipment</li> </ul>	Current Level of Functioning
<b>Priorities:</b>	
<b>Circle one: Overall, eating and food preparation...</b>	
<b>Requires complete assistance      Needs some assistance      Completely independent</b>	

## ◆ GROOMING AND DRESSING

<b>Grooming:</b> <ul style="list-style-type: none"> <li>▪ Brushes teeth</li> <li>▪ Uses mouthwash</li> <li>▪ Brushes/combs hair</li> <li>▪ Styles hair</li> <li>▪ Skin care</li> <li>▪ Uses make-up</li> <li>▪ Cleans eyeglasses</li> <li>▪ Cleans hearing aid ear molds</li> <li>▪ Maintains appearance</li> </ul>	Current Level of Functioning
<b>Dressing/Undressing</b> <ul style="list-style-type: none"> <li>▪ Dresses and Undresses self</li> <li>▪ Chooses appropriate clothes</li> <li>▪ Dresses appropriately for season/weather conditions</li> </ul>	Current Level of Functioning
<b>Priorities:</b>	
<b>Circle one: Overall, grooming and dressing...</b>	
<b>Requires complete assistance      Needs some assistance      Completely independent</b>	

## ◆ HYGIENE AND TOILETING

<b>Using private &amp; public toilets</b> <ul style="list-style-type: none"> <li>▪ toileting needs</li> <li>▪ washes hands</li> <li>▪ Bath / showering</li> <li>▪ Shampooing / rinsing hair</li> <li>▪ Managing menstrual care</li> </ul> <b>Shaving</b> <ul style="list-style-type: none"> <li>▪ Men</li> <li>▪ Women</li> <li>▪ Using deodorant</li> </ul>	Current Level of Functioning	
<b>Priorities:</b>		
<b>Circle one: Overall, hygiene and Toileting...</b>		
<b>Requires complete assistance</b>	<b>Needs some assistance</b>	<b>Completely independent</b>

## ◆ SEXUALITY, HEALTH, SAFETY

<b>Awareness of sexuality issues</b> <ul style="list-style-type: none"> <li>▪ Awareness of public vs. private activities</li> <li>▪ Closes door for bathing, toileting, dressing, etc.</li> <li>▪ Appropriate show of affection</li> <li>▪ Appropriate control of sexual needs</li> <li>▪ Awareness of bodily and sexual functions</li> <li>▪ Knowledge and use of birth control methods</li> <li>▪ Knowledge of sexually transmitted disease</li> </ul>	Current Level of Functioning	
<b>Knowledge of general health concerns</b> <ul style="list-style-type: none"> <li>▪ Disease transmission (i.e., covers mouth when sneezing/coughing, controls drooling, blows nose, etc.)</li> <li>▪ Health concerns specific to disability (i.e., skin care, range of motion, positioning of weight)</li> <li>▪ Manages medication (i.e., knows medication schedule, ability to swallow, related behavioral concerns)</li> <li>▪ Cares for minor injury and/ or illness</li> </ul>	Current Level of Functioning	
<b>Awareness of home hazards and emergency procedures</b> <ul style="list-style-type: none"> <li>▪ Uses adaptive strategies</li> <li>▪ Poisons</li> <li>▪ Fire</li> <li>▪ Accidents</li> </ul>	Current Level of Functioning	
<b>Priorities:</b>		
<b>Circle one: Overall, sexuality, health, safety...</b>		
<b>Require complete assistance</b>	<b>Need some assistance</b>	<b>Completely independent</b>

## ◆ HOUSEHOLD MAINTENANCE

<b>Keeping room neat</b> <ul style="list-style-type: none"> <li>▪ Makes bed</li> <li>▪ Changes bed linens</li> <li>▪ Straightens room</li> </ul>	Current Level of Functioning
<b>Handling of household chores</b> <ul style="list-style-type: none"> <li>▪ Does laundry</li> <li>▪ Vacuums / dusts</li> <li>▪ Cleans bathroom</li> <li>▪ Sweeps</li> </ul>	Current Level of Functioning

<b>Maintaining outdoors</b> <ul style="list-style-type: none"> <li>▪ Rakes leaves</li> <li>▪ Mows lawn</li> <li>▪ Weeds</li> <li>▪ Waters lawn and plants</li> <li>▪ Cleans up after animals</li> </ul>	Current Level of Functioning	
<b>Priorities:</b>		
<b>Circle one: Overall, household maintenance...</b>		
<b>Requires complete assistance</b>	<b>Needs some assistance</b>	<b>Completely independent</b>

◆ **TRAVEL**

<b>"Walking,, (Wheeling) to and from destination</b> <ul style="list-style-type: none"> <li>▪ safety when crossing streets</li> <li>▪ arrives at destination</li> </ul>	Current Level of Functioning	
<b>Riding Bicycle</b> <ul style="list-style-type: none"> <li>▪ knows safety rules</li> <li>▪ able to find way</li> <li>▪ locks bicycle</li> </ul>	Current Level of Functioning	
<b>Riding School/City Bus</b> <ul style="list-style-type: none"> <li>▪ demonstrates appropriate behavior when on the bus</li> <li>▪ communicates with bus driver</li> <li>▪ can find appropriate bus</li> <li>▪ can read bus map</li> <li>▪ can make a transfer</li> <li>▪ knows how to pay</li> <li>▪ shows buss pass</li> </ul>	Current Level of Functioning	
<b>Driving Own Vehicle</b> <ul style="list-style-type: none"> <li>▪ knows laws</li> <li>▪ uses seat belts</li> <li>▪ knows what to do in an emergency</li> <li>▪ uses appropriate adaptive equipment</li> <li>▪ demonstrates safe &amp; defensive technique</li> </ul>	Current Level of Functioning	
<b>Orienting Skills</b> <ul style="list-style-type: none"> <li>▪ identifies signs</li> <li>▪ carries identification</li> <li>▪ asks for help</li> <li>▪ responsible for possessions</li> <li>▪ uses cautions with strangers</li> <li>▪ reads maps</li> </ul>	Current Level of Functioning	
<b>Priorities:</b>		
<b>Circle one: Overall, travel...</b>		
<b>Requires complete assistance</b>	<b>Needs some assistance</b>	<b>Completely independent</b>

◆ **GENERAL SHOPPING**

<b>Handling Money/Budgeting</b> <ul style="list-style-type: none"> <li>▪ makes shopping lists</li> <li>▪ knows budget constraints</li> <li>▪ handles money exchanges</li> </ul>	Current Level of Functioning
<b>Locating/Getting Items</b> <ul style="list-style-type: none"> <li>▪ pushes cart</li> <li>▪ uses store directory</li> <li>▪ asks for help</li> <li>▪ follows list</li> <li>▪ makes appropriate choices</li> </ul>	Current Level of Functioning

<ul style="list-style-type: none"> <li>▪ does cost comparisons</li> </ul>	
<b>Clothes/Personal Items</b> <ul style="list-style-type: none"> <li>▪ selects appropriate store</li> <li>▪ asks for help</li> <li>▪ selects items within budget</li> <li>▪ knows sizes</li> <li>▪ makes wise choices</li> <li>▪ handles money exchange</li> </ul>	Current Level of Functioning
<b>Restaurant</b> <ul style="list-style-type: none"> <li>▪ "reads" Menu (or alternative)</li> <li>▪ communicates to Waitperson</li> <li>▪ uses Manners</li> <li>▪ locates Restrooms</li> <li>▪ tallies bill (including tip)</li> <li>▪ handles money exchanges</li> </ul>	Current Level of Functioning
<b>Priorities:</b>	
<b>Circle one: Overall, general shopping...</b>	
<b>Requires complete assistance      Needs some assistance      Completely independent</b>	

**◆ USING SERVICES**

<b>Using Services</b> <ul style="list-style-type: none"> <li>▪ uses pay phone</li> <li>▪ uses Relay system (if hearing impaired)</li> <li>▪ uses Beauty parlor</li> <li>▪ makes Appointments</li> <li>▪ uses Banking Services</li> <li>▪ uses/Communicates with dentist, doctor, etc.</li> <li>▪ uses Laundry/drycleaner</li> </ul>	Current Level of Functioning
<b>Priorities:</b>	
<b>Circle one: Overall, using servies...</b>	
<b>Requires complete assistance      Needs some assistance      Completely independent</b>	

**◆ PLANNING/SCHEDULING**

<b>Following daily routines</b> <ul style="list-style-type: none"> <li>▪ shows up on time</li> <li>▪ gets to where they are supposed to be</li> <li>▪ adapts to changes in routine</li> <li>▪ able to tell time</li> </ul>	Current Level of Functioning
<b>Scheduling weekly activities</b> <ul style="list-style-type: none"> <li>▪ uses a time management system (i.e., calender/daytimer)</li> <li>▪ maps out plans and time (i.e., organizes time)</li> </ul>	Current Level of Functioning
<b>Preparing for special outings</b> <ul style="list-style-type: none"> <li>▪ arranges special things to do</li> <li>▪ handles logistics involved in planning an event</li> </ul>	Current Level of Functioning
<b>Handling Time Management</b> <ul style="list-style-type: none"> <li>▪ plans homework time</li> <li>▪ arranges study area</li> <li>▪ attends to homework</li> <li>▪ plans time for chores, meetings, leisure time</li> <li>▪ arranges transportation</li> </ul>	Current Level of Functioning
<b>Priorities:</b>	
<b>Circle one: Overall, planning/scheduling...</b>	
<b>Requires complete assistance      Needs some assistance      Completely independent</b>	

◆ **SOCIAL SKILLS**

<p><b>Telephone Use</b></p> <ul style="list-style-type: none"> <li>▪ phone etiquette</li> <li>▪ takes message</li> <li>▪ dials phone</li> <li>▪ can use phone for emergency</li> <li>▪ can use assistive devices if necessary</li> <li>▪ can use phone directory</li> </ul>	<p>Current Level of Functioning</p>
<p><b>Caring for Others</b></p> <ul style="list-style-type: none"> <li>▪ pet care</li> <li>▪ sibling care</li> <li>▪ babysitting</li> <li>▪ elderly</li> </ul>	<p>Current Level of Functioning</p>
<p><b>Reciprocal Relationships</b></p> <ul style="list-style-type: none"> <li>▪ gift giving</li> <li>▪ remembers birthdays</li> <li>▪ sends thank you card</li> </ul>	<p>Current Level of Functioning</p>
<p><b>Behavior Management Social Skills</b></p> <ul style="list-style-type: none"> <li>▪ introduces self</li> <li>▪ follows instructions</li> <li>▪ accepts criticism or consequence</li> <li>▪ accepts no for an answer</li> <li>▪ greets people</li> <li>▪ gets peoples attention appropriately</li> <li>▪ makes requests appropriately</li> <li>▪ disagrees appropriately</li> <li>▪ gives negative feedback appropriately</li> <li>▪ resists peer pressure</li> <li>▪ apologizes</li> <li>▪ engages in conversation</li> <li>▪ gives compliments</li> <li>▪ volunteers</li> <li>▪ reports peer behavior appropriately</li> </ul>	<p>Current Level of Functioning</p>
<p><b>Priorities:</b></p>	
<p><b>Circle one: Overall, social skills...</b></p> <p style="text-align: center;"> <b>Requires complete assistance</b>      <b>Needs some assistance</b>      <b>Completely independent</b> </p>	