

**State of Vermont  
Division of Disability and Aging Services  
TBI Program**

**INDEPENDENT LIVING ASSESSMENT**

**Evaluation Due Date:** \_\_\_\_\_

**Name (Please print):** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Date of Injury:** \_\_\_\_\_

**Provider Agency:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Case Manager:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**SS#:** \_\_\_\_\_

<b>Key:</b> 1-2 = Unable to Perform 3-4 = Severe Difficulty 5-6 = Needs Assistance or Cuing 7-8 = Independent N/A = Not applicable	<b>Score</b>	<b>Comments / Details</b>
<b>I. PHYSICAL DEVELOPMENT &amp; MOBILITY</b>		
<b>Balance</b>		
Stands alone		
Balances on tiptoes		
Balances on one (1) foot		
Can Walk on Balance Board		
<b>Walking</b>		
Can walk upstairs and downstairs with one foot on each step		
Can walk a straight line		
Can step over obstacles		
Can walk backwards		
Can run freely		
Can climb ladder		
Achieves heel/toe gait		
Walking rhythm is appropriate		
Carries Items when walking		
Can stop and start running		
Can walk sideways		
<b>Posture</b>		
Good posture while sitting, standing, and walking		
<b>Body Movements</b>		
Touches floor while standing		

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Kneels, Flexes knee		
Sits up from supine		
Bends at waist		
<b>Hand movements</b>		
Manipulates / picks up small objects		
Can move fingers		
Grasps with both hands		
Transfers objects from one hand to the other		
Uses "adult" grip		
<b>Sensory Development</b>		
Visually discriminates color		
Visually discriminates form		
Visually discriminates size		
Discriminates tastes		
Discriminates sounds		
Discriminates smells		
Discriminates temperature		
Discriminates weight		
Discriminates textures		
<b>II. COMMUNICATION / COGNITIVE SKILLS</b>		
<b>Cognitive Skills</b>		
Initiation		
Judgment skills		
Ability to problem solve		
Able to maintain attention		
Able to perform sequencing activities		
Ability to organize		
Insight into deficits		
<b>Receptive Language</b>		
Can select an object if named		
Follows instructions		
Listens when others speak		
<b>Expressive Language</b>		
Speaks in phrases		
Asks questions		
Uses nouns, verbs, and adj. in speech		

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Pitch / intensity of voice appropriate		
Speaks in sentences		
Voice quality is appropriate		
Imitates new words		
Rate and rhythm of speech is appropriate		
Describes situations and events		
Will say he doesn't understand if he/she doesn't		
Articulates well		
Carries identification (ID)		
Responds when spoken to		
Communicates basic needs: verbally and non-verbally		
Communicates personal info. verbally		
<b>Reading</b>		
Can get information from pictures and packages		
Knows alphabet / Can Alphabetize		
Recognizes safety words		
Remembers what he reads		
Can read different forms of print		
Breaks down words phonically		
Reads own name		
Reads important signs/functional words		
<b>Writing</b>		
Can copy & trace (vertical, horizontal, diagonal, circular)		
Can spell name		
Writes/Copies: Names, Address, SS #, phone #, DOB		
Can print or write notes /letters and address envelopes		
<b>III. EATING BEHAVIORS</b>		
Drinks from glass and/or straw		
Drinks from water fountain		

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Eats finger food appropriately		
Eats with form / Uses napkin		
Chooses / uses correct eating utensil		
Chews with mouth closed		
Eats proper amount of food		
Has appropriate table etiquette		
Orders simple food		
Eats balanced diet		
Orders complete meal		
<b>IV. FOOD PREPARATION / COOKING</b>		
Identifies kitchen utensils/cookware: table knife, spoon, fork, dishes, measuring cups/spoons, fry pan		
Identifies kitchen appliances		
Identifies food products: meats, vegetables, fruits, beverages		
Sets table		
Operates gas/electric stove safely:		
Operates microwave		
Cold meal preparation		
Hot meal preparation		
Washes/peels vegetables/fruits		
Makes/pours beverages: cold/hot		
Prepares simple food items		
Prepares appropriate amount of food		
Prepares main course with side dishes		
Stores food appropriately in: freezer, refrigerator, cupboard		
Uses hot pad or other objects to protect countertop, table, hands, etc.		
Reads/follows recipe		
Prepares balanced meal with or without written menu		
<b>V. PERSONAL HYGIENE / GROOMING</b>		
<b>Bathing</b>		
Identifies sink, bathtub, shower		

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Operates/regulates cold & hot faucet in sink, bathtub, shower		
Dries with towel		
Uses soap & washes all parts of body		
Rinses self		
(Female) Handles feminine hygiene		
a. Applies/disposes of pad/tampon		
b. Changes/soaks stained clothing		
<b>Hair Care</b>		
Shampoos Hair		
Combs / Brushes hair		
Goes to barber/ beautician for hair cut		
Sets and styles hair		
<b>Grooming</b>		
Brushes teeth		
Uses deodorant		
Keeps nails cleaned and trimmed		
Shaves		
Uses make-up		
<b>Toilet Use</b>		
Goes to toilet independently		
Uses toilet tissue		
Flushes toilet after use		
Washes hands after toilet use		
<b>VI. HEALTH / SAFETY</b>		
Treats Simple Health Problems		
a. Cuts/scrapes/Slivers		
b. Upset stomach		
c. Cold		
<b>Contacts Another for Health Problems More Difficult to Handle</b>		
Fever/Diarrhea/Burn/ Animal Bite		
Eye problems/Poisoning/overdose		
Takes aspirin / medication if needed		
Refills prescription		
Reports/handles seizures		

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Uses telephone to call police, fire dept., doctor, when appropriate		
Makes routine medical appointments		
Recognizes importance of not combining substances and medication		
Has basic understanding of human sexuality/sex education		
Follows fire drill instructions		
Can use fire extinguisher		
<b>Use of Telephone</b>		
Can use telephone		
Can dial number		
Takes messages		
Can place call from pay phone		
Can obtain number from operator		
Can find number phonebook		
Can find emergency numbers		
<b>Security</b>		
Can identify own belongings		
Protects valuable items		
Can use lock and key		
<b>VII. SOCIAL BEHAVIORS / LEISURE TIME</b>		
<b>Spectator Activities</b>		
Watches TV		
Listens to radio, plays tapes, CDs		
Goes to athletic events		
Goes to movies, plays, concerts		
<b>Participation</b>		
Will join in on-going activities		
Initiates own leisure time activities		
Wins and loses gracefully		
Plays team sports		
Plays musical instruments		
<b>Interaction with Others</b>		
Expresses emotion		
Uses hello/goodbye appropriately		
Looks at person while speaking		

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Maintains appropriate social distance		
Engages in conversation		
Apologizes appropriately		
Waits while others speak		
Introduces self to others		
Dates		
Refrains from talking to strangers unless necessary		
Practices Acceptable Manners in community		
Expresses anger, fear, and dislike in acceptable manner		
Expresses affection in acceptable manner: same sex, opposite sex		
<b>Demonstrates Trustworthiness:</b>		
Conduct can be trusted in unsupervised situations		
Tells the truth		
Takes responsibility for personal actions and decisions		
Asks permission to use other's possessions/things		
Returns borrowed items		
Accepts/adjusts to situations that are contrary to own will or desire		
Accepts/adjusts to staff and schedule changes		
<b>VIII. ADL's / HOUSEHOLD CHORES</b>		
<b>Dressing and Undressing</b>		
Removes and puts on garments		
Zips and unzips		
Fastens and unfastens		
Buttons and unbuttons		
Ties and unties		
Buckles and unbuckles		
Chooses clothes that are clean		
Chooses clothes for appropriate activities, weather		

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<b>Home Care / Laundry</b>		
Keeps living space clean		
Vacuums, dusts		
Cleans dishes / Kitchen		
Puts dirty clothes in laundry bag or basket daily		
Sorts clothes (light/white, dark/colored)		
Uses washer and dryer		
Uses coin operated washer and dryer		
Folds/hangs clothes		
Maintains orderly shelves, drawers		
Packs suitcase		
<b>Yard Care</b>		
Sweeps sidewalk		
Shovels snow / Mows / waters lawn		
Rakes leaves / pulls weeds		
<b>Car Maintenance</b>		
Keeps vehicle clean		
Can buy gas		
Keeps tires properly inflated		
Changes oil regularly		
<b>IX. BUDGETING &amp; NUMERICAL SKILLS</b>		
<b>Money Handling</b>		
Knows equivalents and counts change		
Gives correct coin amounts for five, ten, fifteen, twenty-five, and fifty cents		
Uses coin combinations for purchases		
Identifies/gives correct bills(s)		
Uses concept of more/less than		
Knows about sales tax		
Can make deposits / withdrawals		
Budgets money		
Can open savings / checking		

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account		
Can write and cash checks		
Pays bills when due		
Can balance check book		
<b>Use of Credit</b>		
Doesn't overuse credit		
Can buy with credit card		
Understands finance charge		
<b>Shopping</b>		
Writes menu / grocery list		
Buys groceries		
Knows clothing size		
Buys own clothes		
Resists "high pressure" sales		
Buys through catalog		
Buys personal items		
Counts to 100 x 1s, 10s, 2s, 5s		
Counts backwards from 100		
Can read and write numbers to 100		
Can add and subtract		
Uses calculator to add, subtract, multiply, divide		
Uses a ruler and tape measure		
Can multiply and divide		
<b>X. TRANSPORTATION &amp; TRAVEL</b>		
<b>Transportation</b>		
Can walk safely to destination		
Can ride bike safely to destination		
Can ride bus / taxi / plane		
Can drive car		
<b>Travel Skills</b>		
Understands directions (right, left)		
Recognizes police as source of help		
Can read addresses & common signs		
Responds to traffic lights and signs		
Can find and use public toilet		
Can ask for and follow directions		

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Knows North, South, East and West		
Reads maps/schedules (city, bus, road)		
<b>XI. VOCATIONAL SKILLS</b>		
<b>Work Related Skills</b>		
Uses want ads to find apartment, job		
Can complete job application		
Can respond to job interview questions		
Knows who his/her boss is		
Works with others		
Will ask for help with problem		
Gets to work on time		
Stays at work for required period		
Able to work without supervision		
Responds well to criticism		
Can use lunch facilities and socializes appropriately		
Responds appropriately to boss		
Starts work without prompting		
Meets work expectations		
Operates time clock		
Handles tools safely		
Takes good care of tools		
Files income tax		
Reports earnings to SSA		
Can do sorting/folding/stacking jobs		
Can do janitorial work		
Can do yard work		
Can do packing jobs		
Can do typing jobs		
Can assemble parts		
Can do inserting and sealing jobs		
Can use hammer and nails		
Can paint with brush and roller		
Can operate machinery		
Can use commercial dishwasher		
Can problem solve		

**Additional Comments:**

**Consumer input:**

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Signature of Person Completing Form

Some material contained in this document has been obtained from Sioux Vocational Schools

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Date

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Consumer Signature (if receiving TBI Program Services)

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Date