Modified Adolescent Autonomy Checklist 1

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Kitchen	-	-	-	-
Operate appliances: cook top, oven, toaster, dishwasher, microwave, blender, etc.	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Use common kitchen tools: can opener, knife, measuring cups/spoons, grater, timer	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Help plan and prepare meals	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Make a grocery list	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Follow a recipe	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Set the table	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Do the dishes	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 2

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Laundry	-	-	-	-
Put dirty clothes in hamper	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Sort clothes	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Use washer and dryer	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Iron	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Hand wash	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Fold clothes	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Put clothes away	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Determine if clothes are worn or no longer fit	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 3

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
With the family	-	-	-	-
Discuss news and events of the day	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Help take care of siblings	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Participate in family decisions	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Help plan family outings and vacations	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Take care of pets	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 4

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Housekeeping	-	-	-	-
Clean a room	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Make the bed/change sheets	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Choose decorations for room	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Take out the trash/sort recycling	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 5

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Emergency	-	-	-	-
Know community emergency numbers and when to call 911, 988, 211, or 1-800-222-1222	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know where candles and flashlights are	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Use a fire extinguisher	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know when to exit the area	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know how to turn water off	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know where the extra house key is	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know neighbors/family who can help	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Unclog the sink or toilet	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 6

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Personal skills	-	-	-	-
Use the phone: make, take, and screen calls and texts, know how to charge and update	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Learn internet safety and communication	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Carry a wallet/ID	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Have a house key	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Open and manage a bank account, know how to track spending	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Choose clothes for the weather and occasion	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Recognize and report abuse, neglect, or danger	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Have/give privacy in the bathroom, bedroom	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 7

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Self-care	-	-	-	-
Brush teeth and floss daily	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Brush/comb hair; shave as desired	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Shower with soap; use deodorant if desired	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Wash hair and use products if desired	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Wash hands/sanitizes after using restroom, sneezing, before eating, etc.	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Get a haircut	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Take a break to regulate senses or emotions, or recharge	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Use an alarm to wake up	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Aware of how much sleep is needed	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 8

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Community skills	-	-	-	-
Get around the city/town/area; pedestrian skills, phone navigation, follow directions	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Use transportation options: bus, taxi, rideshare, train, bicycle, medical transport, etc.	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Find bathroom in unfamiliar building	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know local stores and services	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know how to use a debit/credit card	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know how to order and pay at restaurant	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Use a post office	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 9

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Personal safety	-	-	-	-
Does not let strangers into the home	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Aware of surroundings, looks for hazards and dangers, knows how to report theft	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Turn off stove, space heaters, other electric appliances after use	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 10

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Health care skills	-	-	-	-
Understand health status, notice and track changes	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Aware of health history, diagnosis information etc.	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Able to ask and respond to questions during appointments	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know height, weight, and birthdate	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Keep track of appointments calendar/phone, know contact information for providers	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know what medications are taken and what they are for	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Get a prescription filled/ refilled, order needed supplies	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Take care of own menstrual needs	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Carries own insurance card	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 11

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Plan for fun and community	-	-	-	-
Invite a friend over	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Read or listen to a book, podcast, radio, magazine, streaming service, or music	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Learn or practice a skill or hobby: art, craft, unicycle, photography, trains etc.	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Keep a calendar of events or activities	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Go to a recreation center or gym. Participate in a sport, club, community activity, walk, bike ride, dance, run	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Attend school/community functions: plays, dances, concerts, sports, fairs etc.	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Go to church, temple, or mosque	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 12

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Being a citizen/adult	-	-	-	-
Get government ID: photo ID or driver's license, library card	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know how to get or replace a Social Security card	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Explore case management options, agencies	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know citizenship status	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know how to sort fake news from real news	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Learn how to vote and exercise your rights	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know how to be a good neighbor and report crimes or accidents	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No

Modified Adolescent Autonomy Checklist 13

Skills at home	Can do and DOES	Can learn how	Will need help	Will need this done
Living arrangements	-	-	-	-
Explore possible living arrangements	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Understand how much housing costs	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Find out about housing subsidies	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Be aware of reasonable accommodations for disability and tenants' rights	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Understand leases and mortgages	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know the responsibilities of a roommate, tenant, landlord, homeowner	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know how to fill out a housing application	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know about services and utilities, including discounts	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No
Know the importance of renter's and homeowner's insurance and how to buy it	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No	❑ Yes ❑ No