Skills Checklist - Social

Name	Age	Date	
Name	Age	Date	

These activities will help youth gain the skills and abilities needed to reach their highest level of independence and ability. Some of these activities may not apply to everyone.

COMMUNICATION - Skills and Abilities	YES	NO	N/A	Need More Info
Can you explain your needs to others and ask for help when needed?				
Are persons close to you, like family, friends, and teachers, able to understand your needs?				
Are other people outside of home and school able to understand what you want?				
Do you know the Human Rights Act says you cannot be denied or refused the use of any public place (restaurants, theaters, museums, libraries, parks, zoos, etc.)?	0			
Do you know how to stand up for your rights (file a complaint)?				
SOCIAL - Skills and Abilities	YES	NO	N/A	Need More Info
Do you have fun every day (reading, playing, singing, etc.)?				
Do you join in family activities (playing games, reading together, going to sports events, etc.)?				
Do you spend time away from home (shopping, overnights with friends or relatives, etc.)?				
Do you spend time with others about your same age?				
Do you have close friends?				
Do you have friends who don't have disabilities?				
Do you have someone to talk to when you are sad, upset or things aren't going well?				
Do you belong to clubs, groups, church, etc.?				
Are you a leader in your community (team captain, event leader, head of a committee)?				
Do you help out or work without pay away from your home?				

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TRAVEL - Skills and Abilities	YES	NO	N/A	Need More Info
Do you know how to cross the street safely?				
Can you follow directions to get someplace?				
Can you read a map?				
Do you wear your seat belt in the car?				
Do you have a state ID card or driver's license?				
Do you know how to use public transportation (busses, trains, taxis, etc.)?				
Can you move about in your community easily?				
Do you know the laws about access to public places in the Americans with Disabilities Act?				
Do you have or plan to get a driver's license?				
Do you know how to use public transportation?				
PET CARE - Skills and Abilities	YES	NO	N/A	Need More Info
Do you feed and care for a pet?				
Do you clean your pet and clean up after your pet?				
SAFETY - Skills and Abilities	YES	NO	N/A	Need More Info
Do you know how to call 911 and provide information in case of an emergency?				
Do you know how to practice "stranger danger"?				
Do you know about the dangers of alcohol, tobacco, and drugs?				
Do you know how to keep from getting pregnant, HIV/AIDS, or other diseases spread by sex?		۵		
RECREATION - Skills and Abilities	YES	NO	N/A	Need More Info
Are you a sports fan (watch and talk about sports)?				
Do you play sports?				
Do you get exercise at least several times a week so that you stay fit?				
Are you a leader in any sports or other groups or activities (team captain, classroom monitor)?				

Tips for Using the Skills List

Think about the skills you want to work on. Make notes of your needs and concerns. You can then talk about the next

steps with the people who are helping you prepare for your future. Notes to Myself: For each "Need More Info" item you checked, list questions you have or what you would like to know more about. Next Steps - Goals: List what you need to work on to help you learn how to take care of yourself in the future. You can ask the people who are helping you plan for your future to work on this with you. I want more information about:

Recreation Programs

Community Activities

Safety Programs

We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: dscc.uic.edu

