

The Learning Clinic Transition & Independent Living Skill Assessment (TILSA) ©

The need to assess the level of transition and independent living skill functioning for students is clear. The TLC Transition & Independent Living Skill Assessment is designed to be useful to parents, professionals, and paraprofessionals who are involved with the care and treatment of children and youth who demonstrate deficits in transition and independent living skills. The assessment data may be used to establish treatment objectives that are observable, modifiable, and measurable.

This survey form is for use by Permission of the Learning Clinic. Parents, professionals, and paraprofessionals who are involved with the care and treatment of children and youth are encouraged to download, print, complete this survey, and mail a completed copy to The Learning Clinic, Attn: Laurie Bell, P.O. Box 324, Brooklyn, CT 06234. In the near future you will be able to complete this form on-line and submit it electronically.

The TLC Transition & Independent Living Skill Assessment (TILSA) is the Property of The Learning Clinic Inc. and is intended for the sole use of parents, professionals, and paraprofessionals who are involved with the care and treatment of children and youth.

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Instructions:

Reference Group

As you rate a TLC student, compare the skill level of the TLC student with the skill level of same-age average students in the general population. For example, how does the skill level of the TLC student compare to the skill level of an emotionally healthy, well-adjusted student of the same age, in a public school? Specifically, base your rating on the behavior, or lack of it, that you directly observe in your daily interaction with the student.

Ratings

A rating score of zero to five (0-5) may be awarded to each index in the survey. Score values are as follows:

0 = no behavior observed (0 out of 10 times)	Skill is <u>never</u> observed
1 = 1-20% of the time (1-2 out of 10 times)	Skill is <u>rarely</u> observed
2 = 21-40% of the time (3-4 out of 10 times)	Skill is <u>sometimes</u> observed
3 = 41-60% of the time (5-6 out of 10 times)	Skill is evident in many settings, but performance is inadequate and inconsistent. Skill still dependent on external prompts
4 = 61-80% of the time (7-8 out of 10 times)	Skill is mastered at an age-appropriate level, and demonstrated in <u>most</u> settings. Evidence of some level of internalizations of skill
5 = 81-100% of the time (9-10 out of 10 times)	Skill is mastered at a high level of quality, and demonstrated <u>consistently in all settings</u> . Skill has been internalized and does not require external prompts

Interpretation

Divide the grand total by 184 to obtain average score.

Grand Total per Column
184

A score of 0, 1, or 2 for any survey index represents a target for treatment intervention.

A score of 3 on an index may need treatment intervention, depending on the significance of that behavior for the student's overall social functioning.

A total column score of 368 represents an average index score of 2. An average score of 2 or less represents severe transition and independent living skill deficits. An average score this low indicates that a specialized treatment plan and structured environment may be required to elicit and maintain these skills. The therapeutic intervention and structure supports should be continued until the skills are incorporated into the behavioral repertoire of the person, and generalized across multiple settings.

The Learning Clinic
Transition & Independent Living Skill Assessment ©

Date of Survey (MM/DD/YY): _____

Survey #: T1 T2 T3 T4 T5

Survey Type (Please circle): SELF STAFF (Teacher & Residential)

Student Name: _____

Teacher/Staff Name: _____

INSTRUCTIONS (Please read carefully before completing survey)

1. Fill-out section above. Date, student name, and teacher/staff name are required. Please print clearly.
2. Remember to rate student using appropriate reference group.
3. Complete ALL items! Incomplete surveys are invalid.
4. Circle only ONE number per item. Circles that do not clearly indicate one choice are uninterruptible.
5. Please circle choices; do not use lines, shading, or other markings.

6. Students: complete entire survey/Teachers: complete white sections only/Residential staff: complete light green sections only

INDEPENDENT LIVING

(Student will demonstrate application of Independent Living Skills)

1. Housing

(Student will demonstrate ability to obtain & maintain housing)

KEY Degree of Skill				
0	1	2	3	4 5
not demonstrated	low -----			high

Search for an apartment or other housing option	0	1	2	3	4	5
Choose a location for an apartment in the community	0	1	2	3	4	5
Inspect an apartment	0	1	2	3	4	5
Apply for housing	0	1	2	3	4	5
Read & understand a lease agreement	0	1	2	3	4	5
Analyze & understand the pros & cons of shared living	0	1	2	3	4	5
Understand the legal rights & responsibilities of landlords & tenants	0	1	2	3	4	5
Access community resources to help with housing issues	0	1	2	3	4	5
Develop a plan to move into an apartment or other housing option	0	1	2	3	4	5
Maintain individual living arrangements	0	1	2	3	4	5

Housing Acquisition & Leases SUBTOTAL / MEAN						
(Subtotal/10)	/					

b. Home Management

Student demonstrates the ability to:

Create a housing budget	0	1	2	3	4	5
Maintain household cleanliness	0	1	2	3	4	5
Maintain a household cleaning routine	0	1	2	3	4	5
Understand the importance of household cleanliness	0	1	2	3	4	5
Care for clothing	0	1	2	3	4	5
Utilize a Laundromat	0	1	2	3	4	5
Recycle materials & understand the reasons to recycle	0	1	2	3	4	5

Home Management SUBTOTAL / MEAN (Subtotal/7)						
/						

HOUSING SUBTOTAL / MEAN (Subtotal/17)						
/						

2. Nutrition

(Student will demonstrate practical application of nutritional/food management skills)

a. Meal planning & preparation

Student demonstrates the ability to:

Understand the four basic food groups	0 1 2 3 4 5
Understand how nutrition impacts physical & emotional health	0 1 2 3 4 5
Evaluate personal diet for nutritional content	0 1 2 3 4 5
Plan a simple meal with supervision	0 1 2 3 4 5
Plan a week of nutritious & economical meals with & without supervision	0 1 2 3 4 5
Utilize manufacturers' & store coupons when shopping	0 1 2 3 4 5
Relate store sale items to menu planning	0 1 2 3 4 5
Evaluate grocery items for freshness, value & economy	0 1 2 3 4 5
Grocery shop for one week within a budget	0 1 2 3 4 5
Identify different utensils & kitchen appliances & their usage.	0 1 2 3 4 5
Utilize kitchen appliances for meal preparation	0 1 2 3 4 5
Use & understand proper kitchen sanitation procedures	0 1 2 3 4 5
Follow a simple recipe with & without supervision	0 1 2 3 4 5
Maintain a personal recipe file	0 1 2 3 4 5
Select & modify recipes	0 1 2 3 4 5
Prepare a week of meals with & without supervision	0 1 2 3 4 5
Meal Planning & Preparation SUBTOTAL / MEAN (Subtotal/16)	/

b. Dining

Student demonstrates the ability to:

Set the table for a meal	0 1 2 3 4 5
Display proper table manners	0 1 2 3 4 5
Display appropriate behavior in a restaurant	0 1 2 3 4 5
Accept a dinner invitation	0 1 2 3 4 5
Plan & prepare a meal for guests	0 1 2 3 4 5
Dining SUBTOTAL / MEAN (Subtotal/5)	/

c. Clean up & food storage

Student demonstrates the ability to:

Correctly store food to avoid spoilage	0 1 2 3 4 5
Clean up after meal preparation with & without supervision	0 1 2 3 4 5
Identify spoiled food	0 1 2 3 4 5
Identify expiration dates to determine food freshness & spoilage	0 1 2 3 4 5
Clean Up & Food Storage SUBTOTAL / MEAN (Subtotal/4)	/
NUTRITION SUBTOTAL / MEAN (Subtotal/25)	/

3. Money Management

(Student will demonstrate application of money management skills)

a. Budgeting & Taxes

Student demonstrates the ability to:

Understand the relationship between personal values & monetary decisions	0 1 2 3 4 5
Use money to help others	0 1 2 3 4 5
Implement a savings plan	0 1 2 3 4 5
Develop a short term savings plan	0 1 2 3 4 5
Create a long term savings plan for aiding the plan to self-sufficiency	0 1 2 3 4 5
Read a pay stub	0 1 2 3 4 5
Understand the responsibility to file taxes	0 1 2 3 4 5
Complete the 1040EZ tax form	0 1 2 3 4 5
Track a weekly allowance	0 1 2 3 4 5
Develop a realistic spending plan & budget for one month	0 1 2 3 4 5
Track expenses for one month	0 1 2 3 4 5
Develop a routine for paying monthly expenses	0 1 2 3 4 5
Maintain a spending plan for one month	0 1 2 3 4 5
Utilize services for helping individuals with financial difficulty	0 1 2 3 4 5

Budgeting & Taxes SUBTOTAL / MEAN (Subtotal/14) /

b. Banking & Credit

Student demonstrates the ability to:

Utilize services provided by banks	0 1 2 3 4 5
Understand electronic banking, including direct deposit	0 1 2 3 4 5
Cash checks	0 1 2 3 4 5
Maintain a savings account	0 1 2 3 4 5
Maintain & balance a checking account	0 1 2 3 4 5
Buy a money order	0 1 2 3 4 5
Understand the different forms of credit	0 1 2 3 4 5
Understand how credit cards work	0 1 2 3 4 5
Understand the importance of maintaining a strong credit history	0 1 2 3 4 5
Apply for financial aid	0 1 2 3 4 5

Banking & Credit SUBTOTAL / MEAN (Subtotal/10) /

c. Consuming

Student demonstrates the ability to:

Purchase using cash	0 1 2 3 4 5
Shop on a budget using various methods	0 1 2 3 4 5
Understand how advertising impacts spending decisions	0 1 2 3 4 5
Shop economically for everyday items	0 1 2 3 4 5
Comparison shop for food & clothing	0 1 2 3 4 5
Comparison shop for big ticket items	0 1 2 3 4 5
Compare the pros & cons of "renting to own"	0 1 2 3 4 5
Comparison shop for apartment items & furnishings	0 1 2 3 4 5
Understand basic consumer rights	0 1 2 3 4 5
Understand the costs of car ownership	0 1 2 3 4 5
Identify the steps in insuring a car	0 1 2 3 4 5
Understand the options in buying a car	0 1 2 3 4 5
Understand warranties & service contracts	0 1 2 3 4 5
Shop for a good car value	0 1 2 3 4 5

Consuming SUBTOTAL / MEAN (Subtotal/14) /

MONEY MANAGEMENT SUBTOTAL / MEAN (Subtotal/38) /

4. Transportation

(Student will demonstrate ability to use available resources to meet transportation needs)

Student demonstrates the ability to:

Identify types of available transportation & their costs	0 1 2 3 4 5
Travel independently	0 1 2 3 4 5
Identify steps to obtaining a driver's license	0 1 2 3 4 5
Obtain Driver's License	0 1 2 3 4 5
Demonstrate knowledge of vehicle maintenance requirements	0 1 2 3 4 5
TRANSPORTATION SUBTOTAL / MEAN (Subtotal/5)	_____ / _____

5. Leisure

(Student will demonstrate the ability to use a regime of physical fitness.)

Student demonstrates the ability to:

Establish an exercise routine	0 1 2 3 4 5
Participate in community activities	0 1 2 3 4 5
Participate in personal hobbies	0 1 2 3 4 5
Join community groups based on personal interests or choices	0 1 2 3 4 5
LEISURE SUBTOTAL / MEAN (Subtotal/4)	_____ / _____

6. Legal Awareness

(Student will demonstrate the ability to identify their rights & obligations as a US Citizen)

Student demonstrates the ability to:

Understand the responsibilities of being 18 years old (e.g. voting, selective service registration, being 18 in the eyes of the law)	0 1 2 3 4 5
Understand binding contracts	0 1 2 3 4 5
Understand a citizen's basic constitutional rights	0 1 2 3 4 5
Understanding the difference between a misdemeanor & a felony	0 1 2 3 4 5
How to respond to & what resources are available for certain legal violations	0 1 2 3 4 5
Understand the definition of sexual harassment	0 1 2 3 4 5
LEGAL AWARENESS SUBTOTAL / MEAN (Subtotal/6)	_____ / _____

7. Health

(Student will demonstrate the ability to maintain good health)

Student demonstrates the ability to:

Knowledge of basic First Aid	0 1 2 3 4 5
Self administer all personal prescription & over-the-counter medications	0 1 2 3 4 5
Practice proper personal hygiene	0 1 2 3 4 5
Identify strategies to control stress	0 1 2 3 4 5
HEALTH SUBTOTAL / MEAN (Subtotal/4)	_____ / _____

8. Time Management

(Student will demonstrate application of effective strategies for time management)

Student demonstrates the ability to:

Establish realistic goals	0 1 2 3 4 5
Identify the most & least productive times of the day	0 1 2 3 4 5
Organize & establish priorities in their order of importance	0 1 2 3 4 5
Utilize a calendar and/or appointment book	0 1 2 3 4 5
Break down goals into manageable tasks	0 1 2 3 4 5
Complete goals while following a plan	0 1 2 3 4 5
Self reward for achieved goals (both tangible & intangible)	0 1 2 3 4 5
Identify basic needs including sleep, eating, fitness, hobbies, employment, spirituality, & relationship needs	0 1 2 3 4 5
Schedule time to meet basic needs	0 1 2 3 4 5
TIME MANAGEMENT SUBTOTAL / MEAN (Subtotal/9)	_____ / _____

9. Personal Safety

Student will demonstrate use of safety skills needed in home, school, & in the community)

a. Maintain personal safety in the home

Student demonstrates the ability to:

Check operation of smoke alarms monthly	0 1 2 3 4 5
Execute a fire drill procedure	0 1 2 3 4 5
Acquire a fire extinguisher	0 1 2 3 4 5
Safely use a fire extinguisher	0 1 2 3 4 5
Post all emergency numbers	0 1 2 3 4 5
Knowledge of basic first aid	0 1 2 3 4 5
Locate basic first aid supplies	0 1 2 3 4 5
Be aware of hazardous materials	0 1 2 3 4 5
Lock doors in the home	0 1 2 3 4 5

Maintain Personal Safety in the Home SUBTOTAL / MEAN (Subtotal/9)

/

b. Maintain personal safety in the community

Student demonstrates the ability to:

Use precautions when walking in the community at night	0 1 2 3 4 5
Safely use public transportation	0 1 2 3 4 5
Be safe while dating	0 1 2 3 4 5

Maintain Personal Safety in the Community SUBTOTAL / MEAN (Subtotal/3)

/

c. Safety during dating relationships

Student demonstrates the ability to:

Define sexual abstinence	0 1 2 3 4 5
Is able to describe social gender boundaries	0 1 2 3 4 5
Identify sexually transmitted diseases & how to prevent them	0 1 2 3 4 5
Define methods of contraception	0 1 2 3 4 5
Define safe sex practices	0 1 2 3 4 5

Safety During Dating Relationships SUBTOTAL / MEAN (Subtotal/5)

/

PERSONAL SAFETY SUBTOTAL / MEAN (Subtotal/17)

/

10. Personal Presentation

(Student will demonstrate use of appropriate wardrobe, hygiene, body language, & personal presentation)

Student demonstrates the ability to:

Understand which clothing is appropriate for different settings	0 1 2 3 4 5
Inventory clothing for needs vs. wants	0 1 2 3 4 5
Develop effective strategies for budgeting & shopping for clothes	0 1 2 3 4 5
Use techniques to clean different types of clothing	0 1 2 3 4 5
Female: be knowledgeable of make-up techniques & amounts & hair care	0 1 2 3 4 5
Male: display proper grooming techniques including hair & shaving	
Know how body language affects the perceptions of others, (personal vs. professional)	0 1 2 3 4 5

PERSONAL PRESENTATION SUBTOTAL / MEAN (Subtotal/6)

/

COMMUNITY PARTICIPATION

(Student will demonstrate the knowledge & skills associated with successful community participation locally & in proposed future location)

1. Community Resources

Student demonstrates the ability to:

- Access community health resources including doctors' offices & clinics, mental health services, & women's health centers
- Complete medical services forms
- Understand the usage of 911 / local emergency numbers
- Understand health insurance & its application
- Utilize community services including library, legal aid, adult ed. classes, & leisure activities

0 1 2 3 4 5

0 1 2 3 4 5

0 1 2 3 4 5

0 1 2 3 4 5

0 1 2 3 4 5

COMMUNITY RESOURCES SUBTOTAL / MEAN (Subtotal/5)

/

2. Community Service volunteer opportunities

Student demonstrates the ability to:

- Awareness of the various community service opportunities in the community
- Awareness of the value to community & self of volunteering
- Participation in community service activity for a minimum of ten hours per quarter

0 1 2 3 4 5

0 1 2 3 4 5

0 1 2 3 4 5

COMMUNITY SERVICE SUBTOTAL / MEAN (Subtotal/3)

/

VOCATIONAL READINESS & TRAINING & POST-SECONDARY EDUCATION

(Student will demonstrate the skills & self-assessment strategies associated with vocational readiness & training & post-secondary education)

1. Career Planning

Student demonstrate the ability to:

Identify areas of personal interest & how they apply to vocational choices	0 1 2 3 4 5
Identify training needed for vocational interest	0 1 2 3 4 5
Identify aptitude needed for vocational interest	0 1 2 3 4 5
Develop a career plan	0 1 2 3 4 5
Create action towards career plan	0 1 2 3 4 5
CAREER PLANNING SUBTOTAL / MEAN (Subtotal/5)	/

2. Employment

Student demonstrates the ability to:

Understand the importance of paid employment	0 1 2 3 4 5
Participate in job shadow/internship or volunteer activities	0 1 2 3 4 5
Search for employment in the community	0 1 2 3 4 5
Compose a resume	0 1 2 3 4 5
Complete a job application	0 1 2 3 4 5
Interview for a job	0 1 2 3 4 5
Practice follow-up after the interview	0 1 2 3 4 5
Perform standard workplace computer skills	0 1 2 3 4 5
Understands standard employee wage deductions	0 1 2 3 4 5
Understand how to maintain a job	0 1 2 3 4 5
Maintain appropriate short-term employment (1-6 months)	0 1 2 3 4 5
Maintain appropriate long-term employment (6+ months)	0 1 2 3 4 5
Understand how to change jobs	0 1 2 3 4 5
Demonstrate ability to appropriately terminate employment	0 1 2 3 4 5
Utilize employment evaluation material	0 1 2 3 4 5
Check for proper safety gear for job	0 1 2 3 4 5
Understand work procedures	0 1 2 3 4 5
Understanding worker's compensation procedures	0 1 2 3 4 5
Understanding laws regarding sexual harassment in the workplace	0 1 2 3 4 5
EMPLOYMENT SUBTOTAL / MEAN (Subtotal/19)	/

3. Post secondary education

Student demonstrates the ability to:

Identify opportunities for employment & aptitude for chosen vocational track	0 1 2 3 4 5
Review education or training needed & available for chosen career	0 1 2 3 4 5
Analyze prerequisites for training & education (e.g. SAT, SAT 2, etc.)	0 1 2 3 4 5
Research colleges & technical school with available programs or training	0 1 2 3 4 5
Analyze costs of training & ways to pay	0 1 2 3 4 5
Complete financial aid paperwork if applicable	0 1 2 3 4 5
Research scholarships available	0 1 2 3 4 5
Complete applications following a planned timeline	0 1 2 3 4 5
Complete applications for college or technical school	0 1 2 3 4 5
Analyze acceptances & money available	0 1 2 3 4 5
Research ways to borrow money for training	0 1 2 3 4 5
Plan timeline & what will be needed for school	0 1 2 3 4 5
Identify & access support services for post-secondary education	0 1 2 3 4 5
POST SECONDARY EDUCATION SUBTOTAL / MEAN (Subtotal/13)	/

HEALTHY RELATIONSHIPS

(Student will learn effective interpersonal skills to building & maintaining healthy age appropriate relationships)

Student demonstrates the ability to:

Identify qualities of a healthy relationship/friend	0 1 2 3 4 5
Identify personality traits (self & others) necessary for a healthy relationship/friendship	0 1 2 3 4 5
Understand the importance of emotional & mental well-being within a relationship/friendship	0 1 2 3 4 5
Understand intimacy & boundaries within a relationship	0 1 2 3 4 5
Understand & identify relationship/friendship "games"	0 1 2 3 4 5
Recognize & avoid abusive/dangerous relationships/friendships	0 1 2 3 4 5
Understand & implement strategies to choose healthy partners for relationships	0 1 2 3 4 5
HEALTHY RELATIONSHIPS SUBTOTAL / MEAN (Subtotal/7)	/

PARTICIPATION IN THERAPY SESSIONS

(Student will participate in weekly therapy sessions at TLC or in the community)

Student demonstrates the ability to:

Participate in weekly therapy sessions at TLC or in the community	0 1 2 3 4 5
PARTICIPATION IN THERAPY SESSIONS SUBTOTAL	_____

STUDENT: _____

SURVEY DATES: _____

FOR OFFICE USE ONLY
Do Not Complete

COLUMN SUBTOTALS / MEANS

	SELF	STAFF
Subtotal/Mean	____/____	____/____
Housing Acquisition & Leases	____/____	____/____
Home Management	____/____	____/____
Housing	____/____	____/____
Meal Planning & Preparation	____/____	____/____
Dining	____/____	____/____
Clean Up & Food Storage	____/____	____/____
Nutrition	____/____	____/____
Budgeting & Taxes	____/____	____/____
Banking & Credit	____/____	____/____
Consuming	____/____	____/____
Money Management	____/____	____/____
Transportation	____/____	____/____
Leisure	____/____	____/____
Legal Awareness	____/____	____/____
Health	____/____	____/____
Time Management	____/____	____/____
Maintain Personal Safety in the Home	____/____	____/____
Maintain Personal Safety in the Community	____/____	____/____
Safety During Dating Relationships	____/____	____/____
Personal Safety	____/____	____/____
Personal Presentation	____/____	____/____
INDEPENDENT LIVING TOTAL	____/____	____/____
Community Resources	____/____	____/____
Community Service	____/____	____/____
COMMUNITY PARTICIPATION TOTAL	____/____	____/____
Career Planning	____/____	____/____
Employment	____/____	____/____
Post-Secondary Education	____/____	____/____
VOC. READINESS & TRAINING & POST-SECONDARY EDUCATION TOTAL	____/____	____/____
HEALTHY RELATIONSHIPS TOTAL	____/____	____/____
PARTICIPATION IN THERAPY SESSIONS TOTAL	____/____	____/____
Grand Total	____/____	____/____
Overall Mean: Grand Total / 184	____/____	____/____