

# ABLE Adaptive Skills Checklist

## Participant Information:

Date \_\_\_\_\_

Student's name \_\_\_\_\_

Name of person completing the form \_\_\_\_\_

Role of the person completing the form \_\_\_\_\_

(Caregiver, Social Worker, PCA, Teacher, ect)

This assessment is designed to measure the adaptive behavior skills in an individual above the age of 18 years old. Adaptive behavior is a developmentally determined set of coping skills. Adaptive behavior refers to the practical, everyday skills needed to function and meet the demands of one's environment. Please respond to each item based on the individual's typical behavior or how well they perform these tasks independently.

## Instructions:

Please rate the items on this checklist according to how the student performs. This checklist should be completed by someone who works closely with the student. (*i.e.*, *Caregiver, Social Worker, PCA, Teacher, etc.*) **The checklist should not be completed by the student.**

The student will be assessed in three areas: Communication, Functional or Daily Living Skills, and Social-Emotional Adaptability.

## The student

- **5** - consistently demonstrates the skill independently.
- **4** - demonstrates the skill most of the time or with assistance.
- **3** - demonstrates the skill about half of the time or with moderate support.
- **2** - demonstrates the skill less than 50% of the time or with significant support.
- **1** - does not demonstrate the skill or requires full support

## Students must demonstrate the following minimum scale score in each area:

- Communication - 24
- Functional/Daily Living Skills - 33
- Social Skills - 27
- Emotional Skills - 24

## Section 1: Communication

- 5 - consistently demonstrates the skill independently
- 4 - demonstrates the skill most of the time or with assistance
- 3 - demonstrates the skill about half of the time or with moderate support
- 2 - demonstrates the skill less than 50% of the time or with significant support
- 1 - does not demonstrate the skill or requires full support

The student is able to:

Item				
Rating Scale				
Clearly communicates needs, wants, preferences, and refusal.				
5	4	3	2	1
Clearly communicates feelings (i.e, frustration, worry, fear, anger)				
5	4	3	2	1
Communicate via email, text, or print (in writing)				
5	4	3	2	1
Follow verbal instructions				
5	4	3	2	1
Understands and responds to questions or prompts				
5	4	3	2	1
Interprets non-verbal cues (i.e., gestures, tone, body language)				
5	4	3	2	1
Can make decisions or choices				
5	4	3	2	1
Follow multi-step directions				
5	4	3	2	1
<b>Total Communication Skill Score</b>				

Comments: \_\_\_\_\_

---

## Section 2: Functional/Daily Living Skills

- 5 - consistently demonstrates the skill independently
- 4 - demonstrates the skill most of the time or with assistance
- 3 - demonstrates the skill about half of the time or with moderate support
- 2 - demonstrates the skill less than 50% of the time or with significant support
- 1 - does not demonstrate the skill or requires full support

The student is able to:

Item				
Rating Scale				
Follow daily routines				
5	4	3	2	1
Maintain attendance in accordance the college's attendance policy				
5	4	3	2	1
Set and work toward academic and personal goals				
5	4	3	2	1
Make appropriate choices as they relate to good hygiene				
5	4	3	2	1
Take care of personal needs (Toileting, hand washing, etc.)				
5	4	3	2	1
Demonstrate appropriate eating behaviors				
5	4	3	2	1
Demonstrate appropriate mobility skills				
5	4	3	2	1
Navigate building/campus independently				
5	4	3	2	1
Organize and manage time well				
5	4	3	2	1
Independently manage free time				
5	4	3	2	1
Use tools appropriate for the setting (calculator, calendar, technology & AT devices)				
5	4	3	2	1
<b>Total Functional/Daily Living Skills Score</b>				

Comments: \_\_\_\_\_

---

### Section 3: Social Skills

- 5 - consistently demonstrates the skill independently
- 4 - demonstrates the skill most of the time or with assistance
- 3 - demonstrates the skill about half of the time or with moderate support

- 2 - demonstrates the skill less than 50% of the time or with significant support
- 1 - does not demonstrate the skill or requires full support

**The student is able to:**

Item				
Rating Scale				
Interact appropriately with peers				
5	4	3	2	1
Demonstrate empathy and understanding				
5	4	3	2	1
Respect personal boundaries				
5	4	3	2	1
Respects the rights and property of others				
5	4	3	2	1
Understand and follow social norms				
5	4	3	2	1
Understand and follow the school rules outlined in the college's code of conduct				
5	4	3	2	1
Follow rules, take turns, show good sportsmanship				
5	4	3	2	1
Accept and respect authority,				
5	4	3	2	1
Adhere to school policies and the law				
5	4	3	2	1
<b>Total Social Skills Score</b>				

**Comments:** \_\_\_\_\_

---

**Section 4: Emotional Skills**

- 5 - consistently demonstrates the skill independently
- 4 - demonstrates the skill most of the time or with assistance
- 3 - demonstrates the skill about half of the time or with moderate support
- 2 - demonstrates the skill less than 50% of the time or with significant support
- 1 - does not demonstrate the skill or requires full support

**The student is able to:**

Item				
Rating Scale				
Appropriately manage feelings (i.e., anger, sadness, disappointment, fear, etc.)				
5	4	3	2	1
Handle feedback, criticism, or rejection appropriately				
5	4	3	2	1
Respond appropriately to friendly teasing, joking, sarcasm				
5	4	3	2	1
Manage stress in healthy ways				
5	4	3	2	1
Copes with change and is flexible in new situations				
5	4	3	2	1
Demonstrate coping and problem-solving skills				
5	4	3	2	1
Demonstrate appropriate verbal and physical restraint				
5	4	3	2	1
Calm themselves following a stressful encounter or crisis				
5	4	3	2	1
<b>Total Emotional Skills Score</b>				

**Comments:** \_\_\_\_\_

Assessment	Score
Communication Skills	
Functional/Daily Living Skills	
Social Skills	
Emotional Skills	

**Required Scores**

Communication - 24  
 Functional/Daily Living Skills - 33  
 Social Skills - 27  
 Emotional Skills - 24

**Student is Approved**  
**Student is Not Approved**