

## Support Inventory (K)

*(to be completed by student with assistance from a parent or guardian)*

*(Adapted from the Casey Life Skills Assessment)*

### Daily Living

Respond to the following statements	No	Mostly No	Somewhat	Mostly Yes	Yes
I know the risks of meeting someone in person that I met online.					
I have a social media account. Give an example:					
I would not post pictures or messages if I thought it would hurt someone's feelings.					
If someone sent me messages online that made me feel bad or scared, I would know what to do or who to tell.	Who?				
I know at least one adult, other than my CLS worker, who would take my call in the middle of the night if I had an emergency.	Who?				
When I shop for food, I take a list.					
When I shop for food, I compare prices and try to make a wise choice.					
I can follow a recipe.					
I can use the oven to bake something.	Give an example:				
I can use the stove top to cook something.	Give an example:				
I can use the microwave to warm something.	Give an example:				
I can make a cold meal for myself.	Give an example:				
I think about what I eat and how it impacts my health.					
I understand how to read food product labels to see how much fat, sugar, salt, and calories the food has.					

I know how to do my own laundry.					
I keep my living space clean.					
I know the products to use when cleaning the bathroom and kitchen.					
I know how to use a fire extinguisher.					

## Self-Care

Respond to the following statements	No	Mostly No	Somewhat	Mostly Yes	Yes
I can take care of my own minor injuries and illnesses. Examples?					
I can get medical and dental care when I need it.					
I know how to make my own medical and dental appointments.					
I know when I should go to the emergency room instead of the doctor's office.					
I know my family medical history.					
I have at least one trusted adult who would visit me if I were in the hospital.	Who?				
There is at least one adult I trust who would be legally allowed to make medical decisions for me and advocate for me if I was unable to speak for myself.	Who?				
I know how to get the benefits I am eligible for, such as Social Security, Medicaid, Community Mental Health, and Job Coaching.					
I bath (wash up) daily.					
I brush my teeth daily.					
I know how to get myself away from harmful situations.					

I have a place to go when I feel unsafe.					
I can turn down a sexual advance.					
I know ways to protect myself from sexually transmitted diseases (STDs).					
I know how to prevent getting pregnant or getting someone else pregnant.					
I know where to go to get information on sex or pregnancy.					

## Relationships and Communication

Respond to the following statements	No	Mostly No	Somewhat	Mostly Yes	Yes
I can speak up for myself.					
I know how to act in social situations with family and friends.					
I know how to act in a professional situation.					
I know how to act in the classroom.					
I know how to act in a public place- - on the bus, in the store, walking down the street.					
I know how to show respect to people with different beliefs, opinions, and cultures.					
I can describe my racial and ethnic identity.					
I can explain the difference between sexual orientation and gender identity.					
I have friends I like to be with who help me feel valued and worthwhile.					
I can get in touch with at least one family member when I want to.					

I have friends or family to spend time with on holidays and special occasions.					
My relationships are free from hitting, slapping, shoving, being made fun of, or name calling.					
I know the signs of an abusive relationship.					
I have information about my family members.					
I think about how my choices impact others.					
I can deal with anger without hurting others or damaging things.					
I show others that I care about them.					

## Housing & Money Management

Respond to the following statements	No	Mostly No	Somewhat	Mostly Yes	Yes
I have a checking account that I can access.					
I pay for things in multiple ways. (debit card, check, credit card, cash)					
I have a savings account that I can access.					
I understand how interest rates work on loans or credit purchases.					
I understand the disadvantages of making purchases with my credit card.					
I know the importance of a good credit score.					
I know how to balance my bank account.					
I put money in my savings account when I can.					

I know an adult who would help me if I had a financial emergency.					
I can use an ATM.					
I can make an online purchase.					
I use online banking to keep track of my money.					
I know the advantages and disadvantages of using a check cashing or payday loan store.					
I know how to find safe and affordable housing.					
I can figure out the costs to move to a new place, such as deposits, rents, utilities, and furniture.					
I know how to fill out an apartment rental application.					
I know how to get emergency help to pay for water, electricity, and gas bills.					
I know what can happen if I break my rental lease.					
I can explain why people need renter's or homeowner's insurance.					
I know an adult I could live with for a few days or weeks if I needed to.					
I know an adult I can go to for financial advice.	Who?				
I plan for the expenses that I must pay each month.					
I use a budget.					
I have an income.					
I know how to follow my schedule and keep a calendar or planner.					



I keep records of the money I am paid and the bills I pay.					
I have a driver's license					
I can explain how to get and renew a driver's license or state ID card.					
I can figure out all the costs of car ownership, such as registration, repairs, insurance, and gas.					
I know how to use public transportation to get where I need to go					
I know how to call a taxi or Uber					

### Career and Education Planning

Respond to the following statements	No	Mostly No	Somewhat	Mostly Yes	Yes
I know where to find information about jobs.					
I know about Michigan Rehabilitation Services or another agency to help with job placement and coaching.					
I can explain the benefits of doing volunteer work.					
I know what type of job I want to do.					

### Looking Forward

Respond to the following statements	No	Mostly No	Somewhat	Mostly Yes	Yes
I believe I can influence how my life will turn out.					



# Ready For Life

belong · believe · become

I can describe my vision for myself as a successful adult.					
I have a good relationship with a trusted adult I like and respect.					
I would like to use my experience to advocate for others.					
I believe my relationships with others will help me succeed.					
I feel I am ready for the next phase of my life.					
Most days, I am proud of the way I am living my life.					
Most days, I feel I have control of how my life will turn out.					
I have talked about my future plans with an adult who cares about me.					
I know an adult who will help me after RFLA ends.					