

Independent Living Skills Assessment

Functional Daily Life Competencies for Teens and Young Adults with ASD, ADHD & Neurodivergent Profiles

Financial Living Tasks

Question 1: You open an electric bill in the mail that is due on the 25th of the month. What should you do first?

- ☐ A) Put it inside a drawer and check it next month.
- ☐ B) Check the amount due, write the due date on your calendar, and schedule payment before the 25th.
- ☐ C) Throw it away because utility companies call you if you owe money.
- ☐ D) Wait until the lights turn off before making a payment.

Question 2: Why is setting up 'Autopay' from a checking account useful for someone who gets overwhelmed by bills?

- ☐ A) Autopay makes utility bills completely free of charge.
- ☐ B) It automatically deducts payment on time, preventing late fees and service shutoffs.
- ☐ C) Autopay guarantees you never have to monitor your bank balance.
- ☐ D) It postpones all payments until the end of the calendar year.

Question 3: Your checking account has \$120. A rent payment of \$150 is due tomorrow. What happens if you try to pay the full \$150?

- ☐ A) The bank covers the extra \$30 for free without any penalty.
- ☐ B) The payment may bounce or incur an overdraft fee, making your balance negative.
- ☐ C) Your bank account immediately deletes itself.
- ☐ D) You receive a reward credit for trying to pay on time.

Chores & Household

Question 4: Your bed sheets and pillowcases have been on your bed for two weeks. What is the standard household routine?

- ☐ A) Spray them with air freshener and leave them on the bed for another year.
- ☐ B) Strip the sheets and pillowcases, wash them in the laundry machine, and put on clean sheets.
- ☐ C) Throw the sheets in the trash and buy brand-new bedding.
- ☐ D) Turn the pillowcases inside out and never wash them.

Question 5: You have finished eating dinner. Several dishes, a fork, and a pan are sitting on the counter. When is the best time to wash or load them into the dishwasher?

- ☐ A) Leave them on the counter until next weekend when there are no clean dishes left.
- ☐ B) Immediately after eating or before going to bed so food does not dry and attract pests.



- ☐ C) Wait until mold starts growing so the dishwasher cleans them easier.
- ☐ D) Move them onto the dining table and leave them there.

Question 6: The kitchen trash can is completely full and the lid will not close. What should you do?

- ☐ A) Press down with your bare feet to make more trash fit.
- ☐ B) Tie the bag closed, remove it, put it into the outdoor dumpster/bin, and insert a new trash bag.
- ☐ C) Start throwing trash on the floor right next to the can.
- ☐ D) Ignore it and take all trash to your bedroom.

Time Management

Question 7: You have a dentist appointment at 2:00 PM. It takes 25 minutes by bus to get there. What time should you leave your home?

- ☐ A) 2:00 PM sharp.
- ☐ B) 1:20 PM to 1:25 PM, leaving 10-15 minutes of buffer time for bus delays.
- ☐ C) 2:30 PM, because dentists are always running behind.
- ☐ D) 10:00 AM, waiting outside for 4 hours.

Question 8: You often forget to take your daily medication or complete evening chores. What is an effective strategy for ADHD/ASD daily routines?

- ☐ A) Trust that you will spontaneously remember every single day without notes.
- ☐ B) Set recurring phone alarms, calendar notifications, or use a visual checklist on the refrigerator.
- ☐ C) Ask neighbors to knock on your door three times every night.
- ☐ D) Only take medication whenever you happen to look at the medicine cabinet.

Grocery Shopping & Meal Planning

Question 9: Before you go to the supermarket, what is the most important preparatory step to avoid overspending and sensory burnout?

- ☐ A) Check refrigerator/pantry supplies, plan simple meals, and write a categorized grocery list.
- ☐ B) Go to the supermarket when you are extremely hungry without any plan.
- ☐ C) Pick up random items off every shelf until your shopping cart is completely full.
- ☐ D) Buy only items packaged in bright red boxes.

Question 10: You are comparing two cartons of milk. Carton A costs \$3.50 and expires in 2 days. Carton B costs \$3.60 and expires in 12 days. You live alone and drink one glass every two days. Which should you choose?

- ☐ A) Carton A, because saving \$0.10 is always better even if the milk spoils before you finish it.
- ☐ B) Carton B, because the extended shelf life ensures the food will not spoil and be wasted.
- ☐ C) Neither; leave the supermarket without milk.
- ☐ D) Buy 5 cartons of Carton A.



Cooking & Kitchen Safety

Question 11: You are cooking pasta on the stovetop. The doorbell rings and a delivery driver needs your signature. What should you do?

- ☐ A) Leave the gas burner on high, open the door, and have a long conversation.
- ☐ B) Turn off the burner or move the pot off heat before stepping away from the stove.
- ☐ C) Turn the heat to maximum and run outside.
- ☐ D) Throw cold water across the stove before answering the door.

Question 12: You just cut raw chicken breasts on a wooden cutting board with a kitchen knife. You now need to chop cucumbers for a fresh salad. What must you do first?

- ☐ A) Wipe the raw chicken knife on your jeans and cut the cucumber immediately.
- ☐ B) Wash the cutting board and knife thoroughly with hot soapy water (or use a fresh, clean board and knife) to avoid cross-contamination.
- ☐ C) Blow on the cutting board to remove chicken bacteria.
- ☐ D) Cut the cucumber directly on the raw chicken juice.

Question 13: A small pan of cooking oil catches fire on the stove. What is the DANGEROUS action that you must NEVER take?

- ☐ A) Sliding a metal lid over the pan to smother the flames.
- ☐ B) Turning off the heat source.
- ☐ C) Pouring water directly onto the oil fire.
- ☐ D) Using a Class B fire extinguisher or baking soda.

Cleaning Safety

Question 14: You are cleaning a dirty toilet bowl and shower. Why should you NEVER mix bleach with ammonia or acidic toilet cleaners?

- ☐ A) Mixing them produces deadly, toxic chlorine and chloramine gases.
- ☐ B) Mixing them makes the smell too sweet like candy.
- ☐ C) The cleaners will turn into solid chocolate.
- ☐ D) It makes the cleaning process work 10 times faster with no side effects.

Question 15: When spraying cleaning chemicals in a small, enclosed bathroom, what essential safety step should you take?

- ☐ A) Close all windows and turn off exhaust fans to trap the fumes.
- ☐ B) Turn on the exhaust ventilation fan, open the door or window, and avoid breathing spray mist.
- ☐ C) Taste the cleaner to verify that it is genuine.
- ☐ D) Spray the cleaner directly at your eyes and face.



Fixing & Troubleshooting

Question 16: Your toilet starts overflowing after you flush it. What is the immediate physical step you should take to stop water from flooding the bathroom floor?

- ☐ A) Run out of the apartment and wait 3 days.
- ☐ B) Reach behind the base of the toilet and turn the silver shutoff valve clockwise until water stops flowing.
- ☐ C) Keep flushing the toilet handle repeatedly to force the water down.
- ☐ D) Pour shampoo into the bowl to loosen the paper.

Question 17: The power in your living room suddenly shuts off after you plug in a space heater, microwave, and television. What has most likely happened?

- ☐ A) The city has permanently shut off electricity to your street.
- ☐ B) The circuit breaker tripped to protect the wires from overheating; you need to unplug high-draw appliances and reset the breaker switch.
- ☐ C) The wall outlet has dissolved into ash.
- ☐ D) You must purchase a new television immediately.

Home Safety & Emergency Procedures

Question 18: Your smoke detector begins beeping with a loud, single chirp every 45 to 60 seconds. There is no fire or smoke. What does this chirp indicate?

- ☐ A) The house is currently collapsing.
- ☐ B) The 9-volt backup battery is low and needs to be replaced immediately.
- ☐ C) The smoke detector wants to play music.
- ☐ D) You should smash the detector with a hammer and throw it out.

Question 19: A stranger knocks loudly on your apartment door at 8:30 PM claiming they are an inspector. You did not receive any notice from your landlord. What should you do?

- ☐ A) Unlock the door immediately and invite them inside your bedroom.
- ☐ B) Keep the door locked, speak through the closed door, ask for identification, and call your property manager or landlord to verify.
- ☐ C) Give them your credit card through the mail slot.
- ☐ D) Open the door wide and leave your home running.



Answer Key & Scoring Guide

Use this key to score independent functional performance and identify specific executive-functioning supports.

Item	Module	Ans	Correct Behavior Summary	Functional Independence Rationale
Q1	Module 1	B	Review due date, calendar, schedule before 25th	Prevents late fees and service disconnects; builds mail-processing habits.
Q2	Module 1	B	Deducts payment on time automatically	Reduces working memory load for bills with fixed due dates.
Q3	Module 1	B	Payment bounces or incurs overdraft fee	Teaches checkbook balance awareness and negative balance penalties.
Q4	Module 2	B	Strip, wash, and put on clean bedding	Establishes standard 1-2 week hygiene maintenance cadence.
Q5	Module 2	B	Immediately after eating or before bed	Prevents dried residue, bacterial growth, and insect attraction.
Q6	Module 2	B	Tie bag, take to outdoor bin, put in new liner	Completes the multi-step chore loop without leaving hazardous overflow.
Q7	Module 3	B	Leave at 1:20 PM - 1:25 PM with 10-15m buffer	Reinforces time arithmetic and planning for public transit delays.
Q8	Module 3	B	Use recurring phone alarms and visual checklist	Externalizes executive function to prevent memory fatigue.
Q9	Module 4	A	Inventory supplies, plan meals, write categorized list	Reduces supermarket sensory overload and impulse purchases.
Q10	Module 4	B	Carton B due to extended shelf-life vs consumption	Prevents food waste and spoilage-related illness for solo living.
Q11	Module 5	B	Turn off burner or move pot before leaving	Eliminates unattended cooking, the #1 cause of residential fires.
Q12	Module 5	B	Thoroughly wash board/knife or use clean board	Prevents Salmonella and Campylobacter food poisoning.
Q13	Module 5	C	NEVER pour water onto cooking oil fire	Water boils instantly under hot oil, creating a fireball/explosion.



Q14	Module 6	A	Produces deadly toxic chloramine/chlorine gases	Critical chemical safety: never combine bleach with acids or ammonia.
Q15	Module 6	B	Turn on exhaust fan, open door/window, avoid fumes	Ensures respiratory protection and airflow when cleaning small rooms.
Q16	Module 7	B	Turn silver shutoff valve clockwise immediately	Mitigates catastrophic water damage and structural flooding.
Q17	Module 7	B	Breaker tripped: unplug heavy appliances, reset switch	Teaches electrical safety and safe circuit breaker restoration.
Q18	Module 8	B	9-volt backup battery is low and needs replacement	Demystifies device audio feedback without causing alarm fatigue.
Q19	Module 8	B	Keep door locked, speak through door, verify identity	Protects physical boundaries against unauthorized intruders.

Student Assessment Score & Readiness Summary

Score Range	Percentage	Readiness Level	Recommended Next Step
34 - 38 pts	90% - 100%	Independent Living Ready	Ready for independent management with routine periodic check-ins.
27 - 33 pts	70% - 89%	Semi-Independent with Prompts	Needs structured visual schedules, autopay setup, and task check-ins.
19 - 26 pts	50% - 69%	Supported Independent Living	Requires direct coaching in emergency responses and cooking/chemical safety.
0 - 18 pts	Below 50%	Foundational Instruction	Requires intensive 1-on-1 guided practice and step-by-step chore task analyses.

