

Assessment of Independent Living Skills

☹ I can manage it myself

😊 I am not entirely sure, I might need some help

☹ I have not heard of this, I need guidance/support

Independent Living Skills	Young person	Counsellor	Notes
<p>Financial management</p> <p>Managing money</p> <ul style="list-style-type: none"> • understanding expenses • budgeting <p>Applying for Kela benefits</p> <p>Paying bills</p> <ul style="list-style-type: none"> • online banking credentials and use <p>Saving and preparing for unexpected expenses</p>	<p>☹ ☹ ☹</p> <p>☹ ☹ ☹</p> <p>☹ ☹ ☹</p> <p>☹ ☹ ☹</p> <p>☹ ☹ ☹</p>	<p>😊 😊 😊</p> <p>😊 😊 😊</p> <p>😊 😊 😊</p> <p>😊 😊 😊</p> <p>😊 😊 😊</p>	
<p>Living independently at home</p> <p>Finding and furnishing a home</p> <p>Tenancy agreement, electricity contract, home insurance</p> <p>Home safety</p> <ul style="list-style-type: none"> • installation of household appliances, smoke alarms, main switches for electricity and water <p>Taking care of the home and belongings</p> <ul style="list-style-type: none"> • cleaning • damage incidents in the home, losing keys 	<p>☹ ☹ ☹</p> <p>☹ ☹ ☹</p> <p>☹ ☹ ☹</p> <p>☹ ☹ ☹</p> <p>☹ ☹ ☹</p>	<p>😊 😊 😊</p> <p>😊 😊 😊</p> <p>😊 😊 😊</p> <p>😊 😊 😊</p> <p>😊 😊 😊</p>	

Independent Living Skills	Young person	Counsellor	Notes
<p>Support networks and services</p> <p>Health services and transitions</p> <ul style="list-style-type: none"> • health centre and dental care • mental health services <p>Who to contact in different situations</p> <ul style="list-style-type: none"> • Is it easy to ask for help? • Do you know where to get help? <p>Aftercare support</p> <ul style="list-style-type: none"> • Do you have a designated worker? 	<p>😊 😊 😞</p> <p>😊 😊 😞</p> <p>😊 😊 😞</p>	<p>😊 😊 😞</p> <p>😊 😊 😞</p> <p>😊 😊 😞</p>	
<p>Close relations and community</p> <p>Safe relationships</p> <ul style="list-style-type: none"> • people I can ask for help and support <p>Personal boundaries</p> <ul style="list-style-type: none"> • Who do I give my address to? • Who do I want to invite to my home? • How do I want to be treated? 	<p>😊 😊 😞</p> <p>😊 😊 😞</p>	<p>😊 😊 😞</p> <p>😊 😊 😞</p>	
<p>Wellbeing</p> <p>Daily rhythm</p> <p>Nutrition and outdoor activity</p> <p>Stress management</p>	<p>😊 😊 😞</p> <p>😊 😊 😞</p> <p>😊 😊 😞</p>	<p>😊 😊 😞</p> <p>😊 😊 😞</p> <p>😊 😊 😞</p>	

Independent Living Skills	Young person	Counsellor	Notes
<p>Interaction and relationship skills</p> <p>Medication</p> <ul style="list-style-type: none"> • My Kanta • using pharmacy services • renewing prescriptions <p>Substances</p> <p>Personal hygiene</p> <ul style="list-style-type: none"> • brushing teeth • showering etc. 	<p>😊 😊 😞</p> <p>😊 😊 😞</p> <p>😊 😊 😞</p> <p>😊 😊 😞</p>	<p>😊 😊 😞</p> <p>😊 😊 😞</p> <p>😊 😊 😞</p> <p>😊 😊 😞</p>	
<p>Managing tasks (e.g. schedules, authorities)</p> <p>Authorities</p> <ul style="list-style-type: none"> • Kela • landlord • tax administration • studies and related changes <p>Using different channels</p> <ul style="list-style-type: none"> • chat • phone • online forms 	<p>😊 😊 😞</p> <p>😊 😊 😞</p>	<p>😊 😊 😞</p> <p>😊 😊 😞</p>	

What is going well?	Where do I still need support?
Independent living plan short term (1 year)	Independent living plan long term (5 years)