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**Learning to look after myself**

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| **Health and Hygiene** | | **Choose one option in each section** | | |
| Getting myself dressed with my clothes on the right way round (not inside out)  C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\573A7129.tmp | | I need you to help me put my clothes on | |  |
| I can put my clothes on if you are with me | |  |
| I need you to tell me when to go and get dressed or undressed | |  |
| *Foster parent’s comments*: | | | | |
| *C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C02255E8.tmp*Getting undressed | I need you to help me get undressed | | |  |
| I can get undressed if you are with me | | |  |
| I need you to tell me when to get undressed | | |  |
| *Foster parent’s comments*: | | | | |
| Brushing my teeth  C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\70723994.tmp | | I need you to brush my teeth for me | |  |
| I can brush my teeth if you are with me | |  |
| I need you to tell me when to go and brush my teeth | |  |
| *Foster parent’s comments*: | | | | |
| Washing my hands before eating and after using the toilet  C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\59D0D2BF.tmp | | | I need you to help me wash my hands |  |
| I can wash my hands if you are with me |  |
| I need you to tell me when to go and wash my hands |  |
| *Foster parent’s comments*: | | | | |
| C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\97410DDB.tmpHaving a bath or shower | | I need you to help me clean myself in the bath | |  |
| I can clean myself, but I need you to run a bath for me or switch the shower on | |  |
| I need you to tell me when to wash my hands, or to have a bath/shower | |  |
| *Foster parent’s comments*: | | | | |
| Washing my hair  C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\532C612E.tmp | | I need you to wash my hair for me | |  |
| I can wash my own hair if you are with me | |  |
| I need you to remind me when to wash my hair | |  |
| *Foster parent’s comments*: | | | | |
| Brushing my hair  C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\64101E7D.tmp | | I need you to brush my hair for me | |  |
| I can brush my own hair if you are with me | |  |
| I need you to remind me when to brush my hair | |  |
| *Foster parent’s comments*: | | | | |
| Eating and drinking  C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\1A896378.tmp | | I need you to feed me, or cut up my food for me | |  |
| I can feed myself, but I need you to make all my food and drink for me | |  |
| I need you to remind me when to get a drink or a snack | |  |
| *Foster parent’s comments*: | | | | |

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| **In the kitchen**  If the young person cannot do these at all, leave blank | | | | |
| **If you watch and help me, I can…** | |  | **If you ask or remind me, I can do this on my own…** | |
| Get myself a cold drink |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4C63578F.tmp | Get myself a cold drink |  |
| Make a drink using the kettle |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27564EF2.tmp | Make a drink using the kettle |  |
| Open a can of food (e.g. soup) |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4CA52991.tmp | Open a can of food (e.g. soup) |  |
| Peel fruit or vegetables |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\206B9E1C.tmp | Peel fruit or vegetables |  |
| Chop fruit or vegetables with a sharp knife |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\BE5AD776.tmp | Chop fruit or vegetables with a sharp knife |  |
| Heat a can of food in a saucepan |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\8941C665.tmp | Heat a can of food in a saucepan |  |
| Heat food in a microwave |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\2A272D80.tmp | Heat food in a microwave |  |
| Get a bowl of cereal |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A1663E37.tmp | Get a bowl of cereal |  |
| Use a toaster |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\5CF11EBA.tmp | Use a toaster |  |
| Wipe up if I spill something |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\83E5E8F9.tmp | Wipe up if I spill something |  |
| *Foster parent’s comments*: | | | | |

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| **Around the house…**  If the young person cannot do these at all, leave blank | | | | |
| **If you watch and help me, I can…** | |  | **If you ask or remind me, I can do this on my own…** | |
| Help tidy up |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7D3D15A4.tmp | Help tidy up |  |
| Put my dirty clothes in the laundry basket |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A67BC32B.tmp | Put my dirty clothes in the laundry basket |  |
| Put rubbish in the bin |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\DF3D08BE.tmp | Put rubbish in the bin |  |
| Lay the table at mealtimes |  | C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3B5B83DF.tmp | Lay the table at mealtimes |  |
| *Foster parent’s comments*: | | | | |

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| **Social Skills** | **Choose all options that apply** | |
| Following instructions  C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\42533982.tmp | I need someone to **show** or **tell** me what to do, every time I need to do it |  |
| I can remember how to do things when I have practised it a lot |  |
| I can follow written instructions if they include pictures |  |
| I can write things down to remind myself |  |
| *Foster parent’s comments*: | | |
| Talking to other people  C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\36134F61.tmp | I need someone to talk for me – to tell other people what I want to say |  |
| I can talk to other people, but I sometimes need someone to help me work out what to say |  |
| I can talk to people I know well |  |
| *Foster parent’s comments*: | | |
| Enjoying social activities  C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4351C02C.tmp | I need someone to come with me to clubs and activities, and stay with me |  |
| I need someone to stay outside or nearby while I’m at a club or activity |  |
| I need dropping off and picking up from activities, but am happy to be there on my own |  |
| *Foster parent’s comments*: | | |
| Crossing the road safely  C:\Users\tracey.sorrell\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\57F45453.tmp | I need someone to hold my hand while I cross the road |  |
| I need someone to be with me while I cross the road |  |
| I can cross the road on my own if there is a crossing with lights or zebra crossing |  |
| *Foster parent’s comments*: | | |