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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 teethC:\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 toiletC:\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 hairC:\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 hairC:\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 drinkingC:\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 instructionsC:\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 activitiesC:\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 safelyC:\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*:  |