



2.2.1: Self-Determination Preferences for Living Arrangements

Living On My Own Preferences

Name: _____

Date: _____

1. I would like to live in the...



Country



City



2. I would like to live with...



Myself



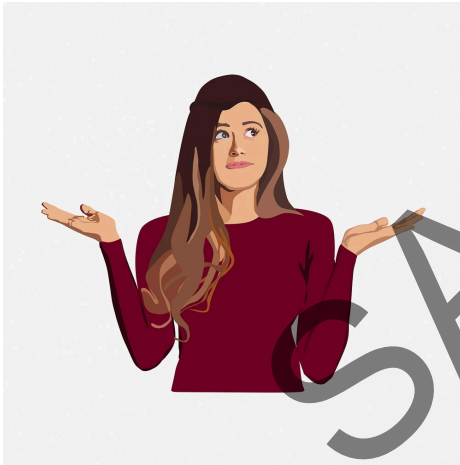
My Family



A Roommate



my partner or spouse



I Don't Know Yet



3. I do the following independent living skills

Skill	by myself	with assistance	I cannot do this task
manage and monitor my personal hygiene 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
choose my own clothes to wear 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
choose my own food / meals 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
make myself food in the microwave 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
make myself food in the oven 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
make myself food on the stove 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

know what to do when I am sick



○

○

○

Total Marks

4. I do the following independent living tasks...

Task

by myself

**with
assistance**

**I cannot do
this task**

create my own cleaning routine / schedule



○

○

○

keep my room clean



○

○

○

clean my bathroom



○

○

○

sort my laundry



○

○






○

properly use the washer and dryer for my laundry

○

○

○

			
put my clean clothes away [fold, hang, etc.] 	○	○	○
operate a dishwasher 	○	○	○
hand wash dishes 	○	○	○
create my own shopping / grocery list 	○	○	○
Total Marks			