

Michelle Chiou Foundation
Juvenile Independent Living Ability Assessment (AGE 16~21)

I. My Body and Health

Case No.:

Name:

A. I Can Take Care of Myself.	I don't know how.	I seldom do this.	I sometimes can do this.	I usually can do this.	I totally can do this.
Items / Rating Index	1	2	3	4	5
1. When I am sick, I will see a doctor.					
2. If I am allergic to particular food or medicine, I will tell the nurse or doctor in advance.					
3. If I need to transfer to another doctor, I can make an appointment by myself.					
4. If I am pregnant before marriage, I will ask adults (teachers or social workers) for help.					
B. I Am Careful of My Health.					
1. I will not go to the pharmacy to buy over-the-counter drugs or get the injection.					
2. I will make sure the medicine I take and its side effects.					
3. I will pay attention to some healthcare information.					
4. I know that cigarette, alcohol, and drugs can harm my health, so I will not be curious to try.					
5. I do not drink or eat unknown beverages or drugs.					
6. I do not drink alcohol.					
7. I have the correct contraceptive knowledge and be careful of safe sex.					
8. I know if I (or my girlfriend) is pregnant or not.					
9. I do pay attention to check if food or medicine is expired.					
10. I know that the pressure will affect my body and mind.					

II. My Daily Life

A. Taking Care of Myself	I don't know how	I seldom do this.	I sometimes can do this.	I usually can do this.	I totally can do this.
Items / Rating Index	1	2	3	4	5
1. I can buy my personal hygiene items.					
2. I can organize and clean personal clothing.					
3. I notice the changing of the seasons and change and store clothing accordingly.					
B. Finding Resources					
1. I actively look for resources and information about					

independent living.					
2. I read books and newspaper to learn something new.					
3. I can find resources online.					
4. I will consult with others' opinions and thoughts.					
5. I usually organize and clear up my thoughts.					
6. I think before I act.					
7. I will seek help actively if I need or have difficulties.					
C. Solving the Housing Problem					
1. I know how to find housing.					
2. I will think about living options and arrangements.					
3. I will compare rent, location, transportation, and roommates to make a decision for housing.					
4. I will make sure the rental requirements and read the rental contract carefully.					
5. I know my rights and obligations of renting a place.					
6. I will pay rent, utility, gas, and other bills on time every month.					
7. I will contact the property owner in time if the housing needs any repair.					
8. I know how to apply for the landline phone, Internet, and gas services.					
9. I will clean the bathroom and kitchen.					
10. I take good care of important documents and property (such as stamps, bank books, rent receipts).					
D. Living and Diet					
1. I will purchase food.					
2. I can do some light cooking.					
3. I can change and wash bed sheets and duvet covers.					

III. Schooling and Education

A. Learning at School	I don't know how	I seldom do this.	I sometimes can do this.	I usually can do this.	I totally can do this.
Items / Rating Index	1	2	3	4	5
1. If I cannot go to school, I know how to take the leave of absence.					
2. My grade is about average.					
3. I like to join student clubs.					
4. At school, I will avoid hanging out with troublemakers.					
5. I have the courage to say no to things that are bad for me.					
6. ※ I am not happy at school.					
7. ※ I am the troublemaker in the eyes of my teachers.					
8. ※ I do not want to continue my education. I cannot wait to find a job.					

9. ※I am worried that I will not be able to graduate.					
B. Plans of Continuing Education					
1. I care a lot about my future.					
2. I like to study and be educated.					
3. I do not know what I want to do in the future.					
4. ※I do not know if I want to continue my education or find a job next.					
5. I want to enroll in cooperative education program (or vocational schools).					
6. I do not think the degree is useful, but I do not know what I am going to do if I do not continue my education.					
7. I know my grades and the schools I can apply for.					
8. When choosing majors, I will consider the one that the job market needs first.					
9. I know what I want to major					
10. When selecting schools, I will choose to go to the school where my friends go.					
11. I do not want to go to schools that are located in another city.					
12. ※I have no money to pay tuition.					
13. I want to know the information about scholarship.					
14. ※I am not so sure about my future.					
15. ※When my teacher has a different idea for my study plan, I do not know how to handle.					
C. Learning and Professional Certification					
1. I am practical, and I know my interests.					
2. I want to get professional certificates.					
3. I have plans to prepare for professional certification exams.					
4. The professional certificate I want to get is related to my future career.					
5. Teachers guide and assist me in preparing professional certification exams.					
6. I need help to get money to pay the fee for professional certification exams.					
7. ※I cannot focus on preparing exams.					
D. Learning Difficulties					
1. It is not easy for me to focus on the class lectures.					
2. I am easily interrupted by noise and when others are walking around.					
3. I have a bad memory.					
4. My ability to understand is poor.					
5. My ability to read is poor.					
6. My ability to write is poor.					
7. My ability to organize things is poor.					
8. I learn very slowly.					
9. I do not have any confidence.					

10. I am afraid of speaking up in class.					
11. I mistake information or messages easily.					
12. I am not accepted by classmates.					
13. I fail often and feel frustrated easily.					
14. I have low self-esteem and feel I am inferior to others.					
15. I do not pay attention.					
16. I am not active.					
17. I have no motivation to change.					

IV. Employment and Job

A. Willingness and Attitude	I don't know how	I seldom do this	I sometimes can do this	I usually can do this	I totally can do this
Items / Rating Index	1	2	3	4	5
1. I want to find a job as soon as possible.					
2. I know what I want to do.					
3. I plan to work-study					
4. I will pay attention to job market's needs.					
5. I am working a part-time job to make money as my allowance.					
6. I know my strong and weak points when looking for a job.					
7. I rarely cancel my meeting with others unless necessary.					
8. I will remember to bring documents needed for the meeting.					
9. I am aware of time and know how to manage work progress.					
10. I will not aim high but accomplish little.					
11. I know it is not easy to find a job, and making money takes hard work.					
12. I do not apply for leaves of absence arbitrarily.					
13. I do not quit my job whenever I feel frustrated.					
14. If I want to resign from my job, I will inform my supervisor in advance according to the company's policy.					
B. Skills					
1. I know how to find a job.					
2. I know how to write a resume.					
3. I know how to prepare for interviews.					
4. When applying for jobs, I will make sure I wear proper clothes and prepare in advance.					
5. I have interview experiences.					
6. I will participate in career expo.					
7. I can find someone who is willing to refer me to other job opportunities.					
8. I am careful of reading job requirements and filling in the application.					

9. I am careful of any danger or scam that comes along with job application.					
10. I make sure myself understand all of the company's policies clearly.					
11. I know my rights and obligations as an employee.					
12. I am careful of safety while working to avoid occupational injury.					
13. I make use of my free time to learn skills related to my job.					
14. I have accumulated relevant work experiences to make myself more marketable when looking for a job.					
15. I have a motorcycle license.					
C. Characteristics					
1. I am patient.					
2. I am willing to take a risk and accept new challenges.					
3. I am active and positive.					
4. I fight for what is reasonable.					
5. I am calm and do not get panic easily.					
6. It is easy for me to cooperate with others.					
7. ※I am easily influenced by others.					
D. Interests and Aptitude					
1. I like buildings and construction.					
2. I like mechanical, plumbing, and electricians.					
3. I like to work people-related jobs, such as service personnel and sales.					
4. I like medical jobs, such as therapists and healthcare personnel.					
5. I like to help others solve their problems, such as social worker and psychologist. f					
6. I like jobs belonging to restaurant and hotel industries, such as chef or hotel personnel.					
7. I like jobs in tourism, such as tour guide and group leader.					
8. I like jobs related to art and design, such as product design, interior design, etc.					
9. I like to create something out of my imagination, such as writing literature, lyrics, and melodies.					
10. I like to do scientific research.					
11. I like performing art and want to be performing artists.					
12. I like surfing the Internet and playing online games, and I want to learn programming and software design.					
13. I like foreign languages and want to be a translator.					
14. I like the styling, such as hair styling, apparel design, and beauty.					
15. I like numbers, and I want to be a financial analyst and work finance-related jobs.					
16. I like teaching.					
17. ※I am not interested in anything.					
E. Personal Strong Points					
1. I can take care of myself.					

2. I am good at organizing things.					
3. I type very fast.					
4. I am good at drawing.					
5. My voice is soft.					
6. I have good computer skills.					
7. I am very dexterous.					
8. I am very imaginative.					
9. I am very creative.					
10. I am good at fixing things.					
11. I am not afraid of being laborious.					
12. I have a good concept of numbers.					
13. I write well.					
14. I am articulate.					
15. I like to work in the kitchen.					
16. I am diligent and active.					
17. I learn fast.					
18. I am not of making myself dirty during work.					
19. I am not picky about jobs.					

V. Money Management

A. Concept of Budget	I don't know how	I seldom do this.	I sometimes can do this.	I usually can do this.	I totally can do this.
Items / Rating Index	1	2	3	4	5
1. I can calculate how much I should pay for all of my bills for a month.					
2. I will pay a variety of bills on time to avoid fines or extra interests.					
3. I know how to record my income and expenses.					
4. I keep a record of my debts clearly.					
5. When I have financial difficulties, I know who and where I can ask for help and avoid borrowing money from the loan shark.					
6. ※I only spend money, and I do not make money.					
7. ※My greatest pressure comes from money.					
B. Dealing with Banks					
1. I know my bank account number, and I understand what my bank accounts are for.					
2. I can understand the forms of banks or post offices.					
3. I know how to deposit and withdraw money.					
4. I will go to the bank to transfer money.					
5. I know how to use ATM.					
6. I understand any legal responsibilities after I sign transaction contracts.					
7. I know the bank's penalties that comes from not paying bills.					

8. I know the interest rate of my credit card.					
9. When there is a problem with my bill, I will call a bank officer.					
10. I pay attention to news about the scam and know how to deal with the scam.					
C. Shopping and Purchase Ability					
1. I plan my budget and know what I want to buy before purchasing.					
2. When I go shopping, I can tell what I need from what I want.					
3. I make sure myself to know clearly about items' prices.					
4. When I go shopping, I will check discount or on sale items first.					
5. I am aware of the terms and conditions for warranty of the items I purchase.					
6. I will compare prices of the same item at different stores.					
7. I will consult my family and friends' opinions before buying an item at high prices.					
8. I can control my desire to purchase.					
9. I have my own opinions and am not easily persuaded by sales.					
10. I will not buy items that are on sale or cheap if I do not need them.					
11. I do not mind using items or wearing clothes that are used or hand-me-down.					
D. Cash and Loan					
1. I know how to fill in credit card application.					
2. I read the content of my credit or debit card contract carefully.					
3. I know how to calculate revolving interests of my credit or debit card.					
4. I know the relationship between financial credit and loan.					
5. I try not to use the credit or debit card.					
6. I would rather save money than taking a loan.					
7. When I borrow money from my friends, I will carefully think about returning date and interest.					
8. I understand my rights and obligations as a customer.					
9. I do not be a guarantor for others.					

VI. Community Connection

A. Community Resources and I	I don't know how	I seldom do this.	I sometimes can do this.	I usually can do this.	I totally can do this.
Items / Rating Index					
1. I know where the office of the Chief of Village at my living place is.					
2. I know where the Household Registration Office is.					
3. I know where the Public Health Center or Community Health					

Center is.					
4. I know where the legal consultation unit is					
5. I know where the emergency assistance unit is.					
6. I know the location of the bank where I deposit and withdraw money.					
7. I know where religious groups gather.					
B. Community Resources					
1. I know how to fill in a variety of service application forms.					
2. I will search and participate in leisure activities offered by the community.					
3. I actively participate in or join seminars and events about personal growth.					
4. I am willing to be a volunteer.					
5. I know how to vote.					
6. I pay attention to the news.					
C. I Can Ask for Help					
1. I will go to the health agency to ask for help for sexually transmitted diseases (AIDS) and pregnancy before marriage.					
2. When I have questions about laws, I will actively look for legal consultation through decent approaches.					
3. I will consult social workers about the life assistance I need.					
4. When I am injured by violence or threatened, I will report to police units.					
5. When I feel that I am under great pressure or helpless, I will call counseling hotline to ask for help.					
6. I know how to ask for help from the emergency shelter center.					
7. When I have to solve my financial problem, I will ask social workers or decent adults for assistance to deal with it.					
8. I am very careful about not showing my ID card and personal information to others or sign occasionally.					

VII. Interpersonal Relationship

A. My Family and I	I don't know how	I seldom do this.	I sometimes can do this.	I usually can do this.	I totally can do this.
Items / Rating Index					
1. I can protect and take care of my family.					
2. I find time to get together with my family.					
3. I can accept my family's criticism.					
4. I stay in contact with my family when I travel.					
5. I do care for other's criticism of my family.					
6. I am not brutal to my family.					
7. I share my feelings with my family.					
8. I ask my family for help when I come across difficulties.					

9. I have no family.					
B. My Friends and I					
1. I will choose friends.					
2. I have the courage to reject friends.					
3. I can get along well with others.					
4. I listen to my friends and care about their feelings.					
5. I accept others' opinions and thoughts.					
6. I can be responsible for myself, and I do not blame others easily.					
7. I know it is easy for people to have competition and conflicts.					
8. I participate in different activities with different friends.					
9. I can get along with the opposite sex with a relaxed attitude.					
C. I Am in Social Events					
1. I say proper words and act decently.					
2. I can trust my intuition and am able to leave people and places that make me uncomfortable.					
3. I will line up and respect others' rights.					
4. I can sense when I am under pressure.					
5. I will avoid emotional people.					
6. I will reject my friends' brutal words and behaviors.					
7. I am careful of my table manner.					
8. I like to participate in events.					
9. I will choose social events to participate in.					
D. I Am in Workplace					
1. I can get along well with my colleagues.					
2. I can work with my colleagues together as a team.					
3. I can get along well with my supervisor.					
4. I can finish my work on time.					
5. I like to help others.					
6. I will participate in events hosted by the company I work for.					
7. I do not gossip or spread rumors in the company.					
8. I do not form any small groups or parties in the company.					
9. I do not involve in conflicts between colleagues.					
10. I refuse sexual harassment.					
11. When treating unfairly, I will complain to organizers or governmental agencies.					

VIII. Self-Identity

My Family and I	I don't know how	I seldom do this.	I sometimes can do this.	I usually can do this.	I totally can do this.
Items / Rating Index					
1. I am courageous to face my own mistake.					
2. I accept my own strong and weak points.					

3. I am not emotional often.					
4. I have a strong sense of moral about what is right and wrong.					
5. When I feel upset or frustrated, I do not blame others.					
6. When others take advantage of me, I will learn from it and not put myself in that situation again.					
7. I will set goals for myself and try my best to achieve them.					
8. I work efficiently and do not procrastinate.					
9. I can make a choice and decision, and I do my best to solve problems.					
10. I am practical and will not think about things I cannot do.					
11. I do not share my personal matters with others easily.					
12. I respect others' privacy.					
13. I say words appropriately according to different occasions.					
14. I will encourage others.					
15. I will not be picky at others.					
16. I will think positively when things do not go well as I expect.					
17. I am quite confident.					
18. I do not rely on others.					
19. I can stay alone, and I am not afraid of being alone.					
20. I can adjust myself to the environment quickly.					
21. I am not afraid of being kidding because I will not get hurt by it.					
22. I am not afraid of confrontation, and I will not create conflicts.					
23. I know I have to work harder than others to get access to opportunities.					
24. I do not give up easily.					
25. I know and can accept that I have to rely on myself and be independent.					

IX. Social and Communicative Skills

A. Social Skills	I don't know how	I seldom do this.	I sometimes can do this.	I usually can do this.	I totally can do this.
Items / Rating Index	1	2	3	4	5
1. I speak according to different timing and occasions.					
2. Once I make friends, our friendship can last long.					
3. I can use instant messaging, Facebook, Plurk, and other messaging software to make new friends.					
4. I will be careful of internet security and do not give others my personal information easily.					
B. Communicative Abilities					
1. I can clearly express my needs.					
2. I can be responsible for my own words and behaviors.					
C. Writing Abilities					

1. I can read and understand the meaning and ideas in others' articles.					
2. I can search for and organize data.					
3. I know how to make notes and summarize.					
4. I can write the basics of a receipt, an invoice, and a contract.					
5. I make sure my writing is nice, neat, and readable.					

X. Leisure Life

A. Characteristics	I don't know how	I seldom do this.	I sometimes can do this.	I usually can do this.	I totally can do this.
Items / Rating Index	1	2	3	4	5
1. I pay attention to event opportunities and will register the events actively.					
2. ※I do not like to do exercise.					
3. I will try new activities.					
4. I like to do everything alone.					
5. I prefer to hang out with people I know.					
6. I have friends to hang out with.					
B. Outdoor Activities					
1. I like ball games.					
2. I like to go hiking.					
3. I like traveling.					
4. I like to go biking.					
5. I like camping and barbequing.					
6. I like jogging.					
C. Indoor Activities					
1. I like to sing karaoke.					
2. I like to go to gym or community sport center.					
3. I like art and cultural activities.					

Michelle Chiou Foundation
Chart of Assessment Total Points

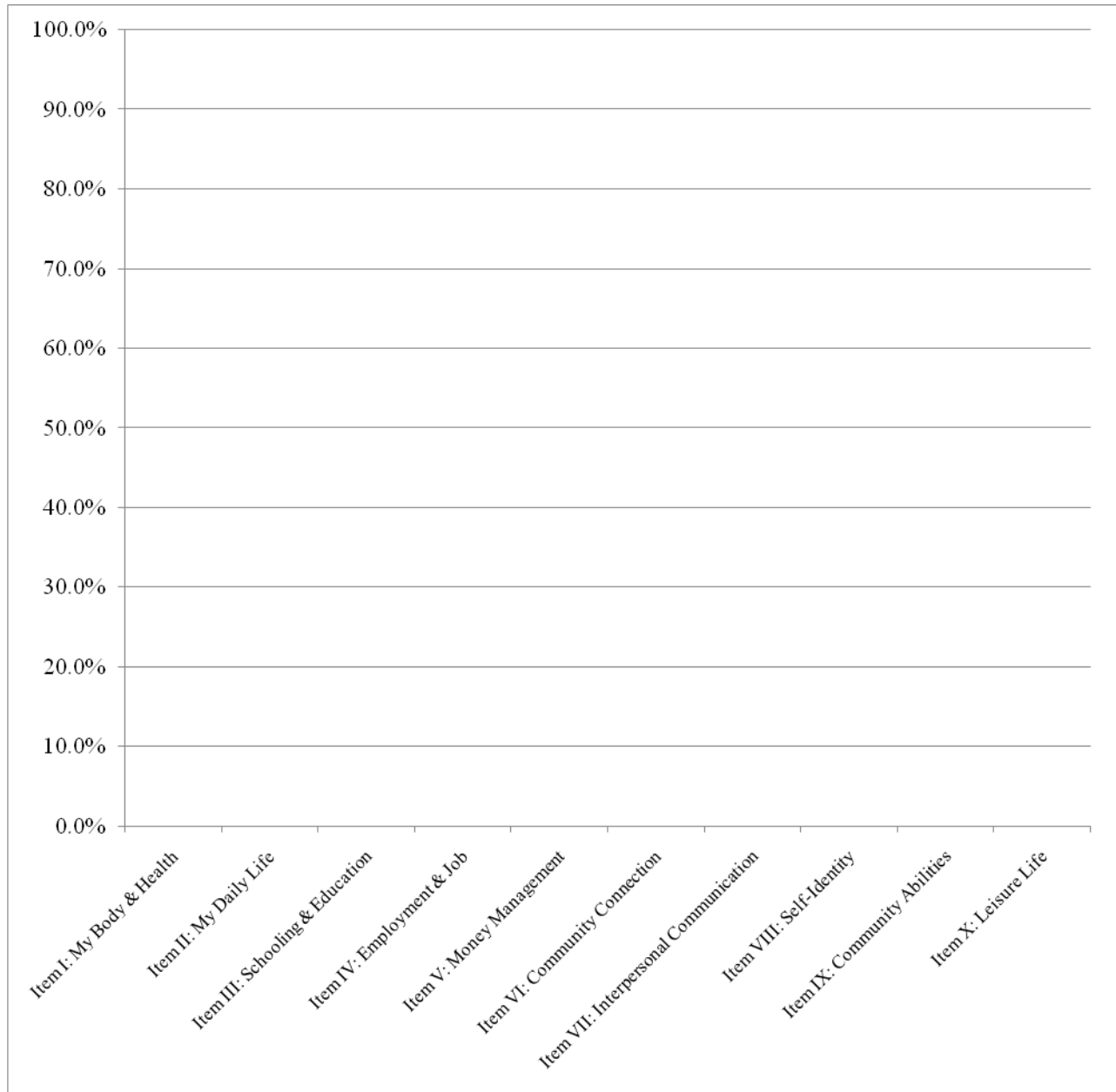
Case No.:

Name:

Assessor:

Life Counselor:

Assessment Date:



Director:

Section Chief:

Social Worker:

Michelle Chiou Foundation
 Teenager Independent Living Ability Assessment Point Explanations

- I. Questions with ※ mark are negatively worded items, and points are scored reversely.
- II. According to the assessment result, the total point of one item is:
 - 80% ~ 100% indicating that teenagers have “good ability”;
 - 50% ~ 79% indicating that teenagers have “room to improve”;
 - lower than 50% indicating that teenagers need “intensive and continuous” assistance.

The purpose of this assessment is to understand teenagers’ independent living ability, which provides informative data to assist them in improving learning. Please do not be limited to the total points. Other data about teenagers, such as interviews, are needed for consideration.

Case No.

Name:

Assessment Date:

Item I: My Body and Health	%	
Item II: My Daily Life	%	
Item III: Schooling and Education	%	
Item IV: Employment and Job	%	
Item V: Money Management	%	
Item VI: Community Connection	%	
Item VII: Interpersonal Relationship	%	
Item VIII: Self-Identity	%	
Item IX: Social and Communicative Abilities	%	
Item X: Leisure Life	%	

Director:

Section Chief:

Social Worker: