

Michelle Chiou Foundation
 Teenager Independent Living Ability Assessment (AGE 12~15)

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. If I need to go to see a doctor, I know I have to bring my NHI IC Card and enough money to pay registration fee.					
2. If an emergency happens to me, someone can help me or accompany to see a doctor.					
3. If I need to stay in the hospital overnight, I will ask my family or friends to accompany me.					
4. If I have unmarried pregnancy, I will ask adults (teachers or social workers) for help.					
B. I am careful of my health.					
1. I know if I am ill or not.					
2. I do not easily take the medical beverages or over-the-counter medicine recommended by others.					
3. I know when to take leaves of absence and rest at home.					
4. I will listen to the doctor's suggestions and take medicine regularly with recommended amount of quantity.					
5. I know that cigarette, alcohol, and drugs can do harm to my health, so I will not be curious to try.					
6. I do not drink or eat unknown beverages or drugs.					
7. I do not drink alcohol.					
8. I do pay attention to check if food or medicine is expired.					

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. I shower every day to keep good personal hygiene.					
2. I know how to dress up appropriately according to different occasions.					
3. I can take care of my important and expensive belongings by myself.					
4. I can organize and clean my personal clothing.					
5. I can clean my room.					

6. I avoid share personal belongings, such as toothbrush, towel, etc., with others.					
7. I notice the changing of the seasons and change and store clothing accordingly.					
B. Finding Resources					
1. I read books and newspaper to learn something new.					
2. I can find resources online.					
3. I will consult others' opinions and thoughts.					
4. I will seek help actively if I need or have difficulties.					
C. Solving the Housing Problem					
1. I clean bathrooms and the kitchen.					
2. I pay attention to the home security and be careful of gas, doors, and windows.					
3. I take good care of important documents and property.					
4. I will not let others stay overnight in my place.					
5. I will call 911 for help.					
D. Daily Life					
1. I wake up on my own.					
2. I put the leftover food into the refrigerator.					
3. I usually have three meals a day.					
4. I can use simple home appliances, such as microwave.					

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. I go to school on time.					
2. I rarely ask for leave of absence or skip the class.					
3. If I cannot go to school, I know how to take the leave of absence.					
4. I will bring class materials used for the day.					
5. I turn in my assignments on time.					
6. I can catch up with the curriculum progress.					
7. My grade is about average.					
8. If I have questions about my assignments, I will ask classmates for help.					
9. If I do not understand questions, I will ask teachers.					
10. I will discuss assignments with classmates at school.					
11. I like to interact with classmates.					
12. At school, I can cooperate with classmates to complete tasks assigned by teachers.					
13. At school, I will avoid hanging out with troublemakers.					
14. I have the courage to say no to things that are bad for me.					

15. I will ask teachers for help or chat with teachers at school.					
16. ※ At school, someone will bully me.					
17. ※ I am not happy at school.					
18. ※ I am the troublemaker in the eyes of my teachers.					
19. ※ I do not want to continue my education. I cannot wait to find a job.					
20. ※I am worried that I will not be able to graduate.					
B. Plans of Continuing Education					
1. I like to study and be educated.					
2. I know what I want to do in the future.					
3. ※I do not know if I want to continue my education or find a job next.					
4. I plan to continue my education after graduation.					
5. I want to enroll in cooperative education program (or vocational schools).					
6. I know my grades and the schools I can apply for.					
7. When selecting schools, I will choose to go to the school where my friends go.					
8. ※I have no money to pay tuition.					
9. I want to know the information of scholarship.					
10. ※When my teacher has a different idea for my study plan, I do not know how to handle.					
C. Learning and Professional Certificate					
1. I am practical, and I know my interests.					
2. ※I cannot focus on preparing exams.					
3. ※I need others to help me understand what I want.					
D. Learning Difficulties					
1. I am easily interrupted by noise and when others walking around.					
2. I have bad memory.					
3. My ability to understand is poor.					
4. My ability to read is poor.					
5. My ability to write is poor.					
6. My ability to organize things is poor.					
7. I learn very slowly.					
8. I do not have any confidence.					
9. I am afraid of speaking up in class.					
10. I mistake information or messages easily.					
11. I am not accepted by classmates.					
12. I fail often and feel frustrated easily.					
13. I have low self-esteem and feel I am inferior to others.					
14. I do not pay attention.					
15. I am not active.					
16. 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. I know what I want to do.					
2. I will show up on time for my meetings with others.					
3. I rarely cancel my meeting with others unless necessary.					
4. I will remember to bring documents needed for the meeting.					
5. I can complete tasks entrusted by others.					
6. I will ask others for help when I come across difficulties.					
7. I will ask others about questions I do not know.					
8. I am not afraid of failure and learn from my failure experiences.					
9. I will observe and learn from others' strong points.					
10. I work hard.					
B. Skills					
1. When applying for jobs, I will make sure I wear proper clothes and prepare in advance.					
2. I do not give my ID card and signature to others casually.					
3. I am careful of my personal hygiene to give others a good impression of cleanness.					
4. I can type and use computer word processing.					
5. I know how to search information online.					
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 health care personnel.					
5. I like jobs belonging to restaurant and hotel industries, such as chef or hotel personnel.					
6. I like jobs related to art and design, such as product design, interior design, etc.					

7. I like to create something out of my imagination, such as writing literature, lyrics, and melodies.					
8. I like to do scientific research.					
9. I like performing art and want to be performing artists.					
10. I like surfing the Internet and playing online games, and I want to learn programming and software design.					
11. I like foreign languages and want to be a translator.					
12. I like styling, such as hair styling, apparel design, and beauty.					
13. I like numbers, and I want to be financial analyst and work finance-related jobs.					
14. I like teaching.					
15. ※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. I know how to deposit money.					
2. I have the habit of saving money.					
3. I know how to record my revenue and expenses.					
4. I know how to spend money according to my ability and do not compare with others.					
5. I will take invoice after purchasing.					

6. ※I often borrow money from others.					
7. ※I only spend money, and I do not make money.					
8. ※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 pay attention to news about scam and know how to deal with 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 and 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 can control my desire to purchase.					
D. Cash and Loan					
1. I would rather save money than taking a loan.					
2. When I borrow money from my friends, I will carefully think about returning date and interest.					

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 community center is.					
2. I know where the community welfare center is.					
3. I know where to send and pick up packages.					
4. I can use directory inquire.					
5. I know where religious groups gather.					
B. Community Resources					
1. I can call or surf the Internet to find information I want.					
2. I can respect others' rejection and will not give up accordingly.					
3. I can actively and positively deal with my matters without others' reminder.					
C. I Can Ask for Help					
1. I will consult with a social worker for life assistance I need.					
2. When I get hurt or threatened by violence, I will report to the police.					
3. I know where to go for help when I get sick unexpectedly.					
4. I have emergency contact person and contact phone number.					

5. I am very careful of not showing my ID card and personal information to others occasionally or sign.					
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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	2	3	4	5
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 other's criticism of my family.					
6. I am not be 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 know it is easy for people to have competition and conflicts.					
7. I participate in different activities with different friends.					
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 my uncomfortable.					
3. I will line up and respect others' right.					
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 like to participate in events.					
8. 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.					
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VIII. Self-Identity

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

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 pay attention when others talk.					
2. I do not interrupt when others are talking.					
3. I look at others in their eyes when I chat with them. .					
4. I observe others' reaction when I chat with them.					
5. I actively find conversation topics when I chat with others.					

6. I like to get along with others and participate in events.					
7. I can get along with others well.					
8. I am not afraid of new environments and participating in events with lots of strangers.					
9. I treat others friendly.					
10. Once I make friends, our friendship can last long.					
11. I am careful of Internet security and will not give my personal information out easily.					
B. Conversation Abilities					
1. I can express my thoughts clearly.					
2. I can express my emotions clearly.					
3. I can express my needs clearly.					
4. I think before I talk.					
5. I understand others' feelings.					
6. I am not afraid of speaking up in a group.					
C. Writing Abilities					
1. Others can read and understand the meaning in my writing.					
2. It is not difficult for me to write a short essay.					
3. I can read and understand the meaning and ideas in others' articles.					
4. I know how to search for and organize information.					
5. I know how to make notes and summarize.					
6. I can write the basics of a receipt, an invoice, and a contract.					
7. 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 like outdoor activities.					
2. I like indoor activities.					
3. In the event I first join, I can actively participate in the event and cooperate with others.					
4. ※I do not like to do exercise.					
5. I will try new activities.					
6. I like to do everything alone.					
7. I prefer to hang out with people I know.					
8. 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 swimming.					
2. I like reading.					
3. I like dancing.					
4. I like watching movies.					
5. I like playing online games.					
6. I like art and cultural activities.					

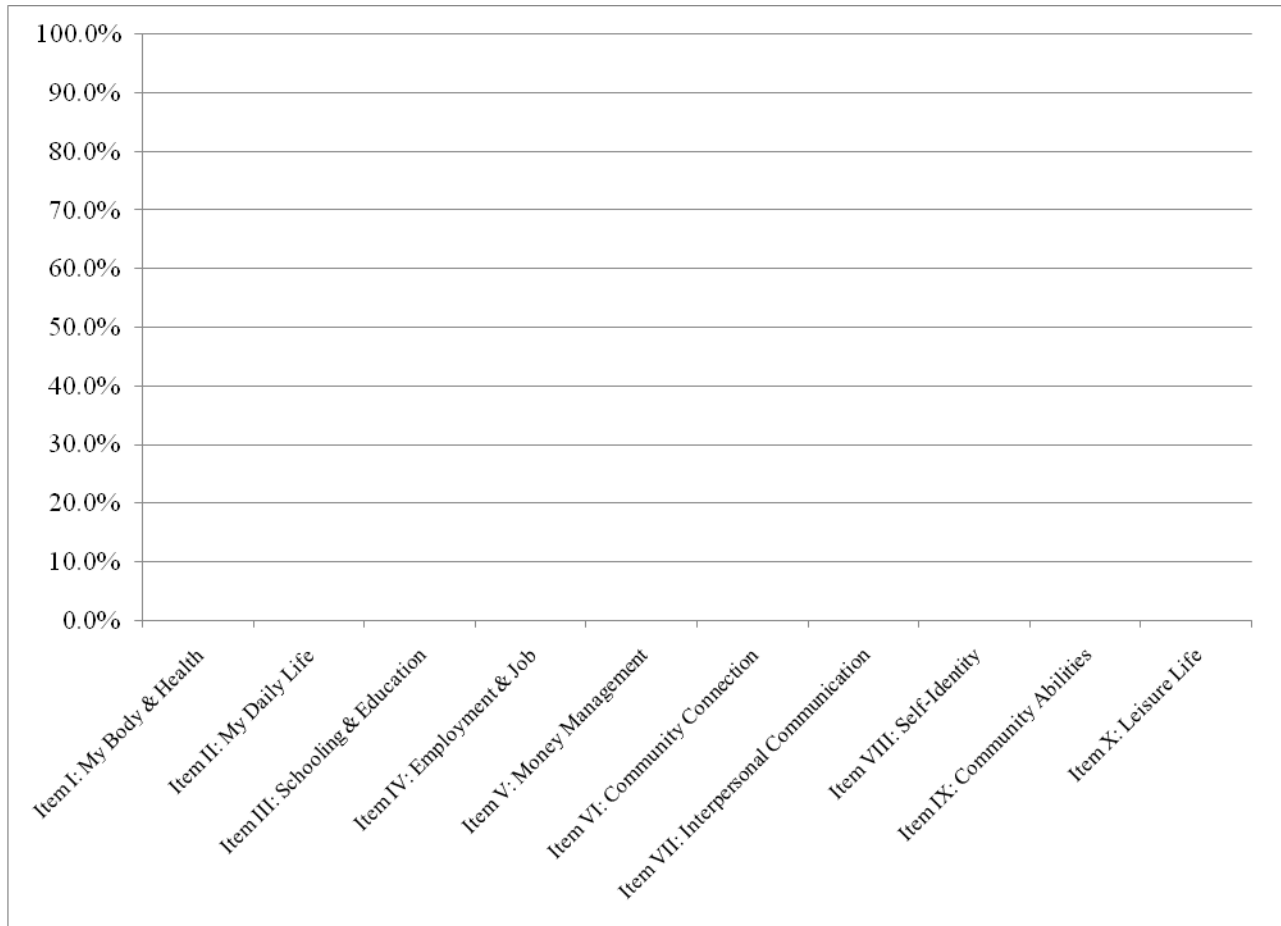
**Michelle Chiou Foundation
Chart of Assessment Total Points**

Case No.:

Name:

Assessor:

Assessment Date:



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:
 - 75% ~ 100% indicating that teenagers have “good ability”;
 - 50% ~ 74% 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, is needed for consideration.

Case No.

Name:

Assessor:

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: