

PERSONAL LIFE SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Brushes teeth daily	☐	☐	☐	☐	☐
Showers daily with soap	☐	☐	☐	☐	☐
Washes hair	☐	☐	☐	☐	☐
Uses deodorant daily	☐	☐	☐	☐	☐
Combs/brushes hair	☐	☐	☐	☐	☐
Shaves, as needed	☐	☐	☐	☐	☐
Chooses appropriate and clean clothes to wear based on weather and occasion	☐	☐	☐	☐	☐
Dresses themselves	☐	☐	☐	☐	☐
Can use a cell phone (text or call) and knows how to charge and update phone when needed	☐	☐	☐	☐	☐
Can set up and manage personal voicemail	☐	☐	☐	☐	☐
Can use an alarm on phone, watch, and/or clock	☐	☐	☐	☐	☐
Washes hands/uses hand sanitizer after using restroom, before eating, etc.	☐	☐	☐	☐	☐
Directs any support staff (e.g., personal care) who provide assistance with daily living and other needs	☐	☐	☐	☐	☐
Asks for help when needed	☐	☐	☐	☐	☐
Makes choices and decisions about their own life	☐	☐	☐	☐	☐
Can recognize and report abuse, neglect, or danger	☐	☐	☐	☐	☐

EMERGENCY/ SAFETY SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Understands fire exits and what to do in case of a fire	☐	☐	☐	☐	☐
Can use a fire extinguisher	☐	☐	☐	☐	☐
Knows when and how to contact 911	☐	☐	☐	☐	☐
Knows how to interact with law enforcement	☐	☐	☐	☐	☐
Knows what to do if locked out of the house	☐	☐	☐	☐	☐
Knows when and how to unclog the sink or toilet	☐	☐	☐	☐	☐
Knows how to take care of minor wounds	☐	☐	☐	☐	☐
Does not open the door to strangers or let strangers in	☐	☐	☐	☐	☐
Can lock household doors	☐	☐	☐	☐	☐
Turns off stove after use	☐	☐	☐	☐	☐
Avoids cars that are moving in parking lots	☐	☐	☐	☐	☐
Knows to seek out trusted adults when needing help	☐	☐	☐	☐	☐
NUTRITION/ DIETARY SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Can make a grocery list and look for items on the list in the store or online	☐	☐	☐	☐	☐
Knows the difference between healthy and unhealthy foods and drinks	☐	☐	☐	☐	☐
Can tell when food is bad (expired dates, color, etc.) and knows not to eat it	☐	☐	☐	☐	☐
Understands and generally eats a balanced diet	☐	☐	☐	☐	☐

MONEY MANAGEMENT/ FINANCIAL PLANNING SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Knows the value of coins and currency	☐	☐	☐	☐	☐
Can make a purchase with a card or with cash	☐	☐	☐	☐	☐
Understands the concepts of banking balance and over drafts	☐	☐	☐	☐	☐
Can do simple math or use a calculator	☐	☐	☐	☐	☐
Knows how to compare prices/use coupons	☐	☐	☐	☐	☐
Understands the difference between needs and wants	☐	☐	☐	☐	☐
Has a bank account and is aware of financial limits when receiving government benefits (e.g., Medicaid, Social Security, etc.)	☐	☐	☐	☐	☐
Understands how to create and use a budget	☐	☐	☐	☐	☐
Understands a paycheck (gross vs. net pay, deductions)	☐	☐	☐	☐	☐
Knows how and when to file federal and state taxes	☐	☐	☐	☐	☐
Knows the importance of paying bills on time, including the impact of interest and late payment penalties	☐	☐	☐	☐	☐
Understands the benefits and risks of credit cards and when it is appropriate to use them	☐	☐	☐	☐	☐
Knows their social security number, when to use it, and how to keep it safe	☐	☐	☐	☐	☐

HEALTHCARE SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Knows how to get a prescription refilled	☐	☐	☐	☐	☐
Can take medication without supervision and on time	☐	☐	☐	☐	☐
Understands and obtains necessary immunizations	☐	☐	☐	☐	☐
Keeps a calendar of medical appointments	☐	☐	☐	☐	☐
Can let someone know if they are not feeling well	☐	☐	☐	☐	☐
Knows their height, weight, birthdate	☐	☐	☐	☐	☐
Can tell by looking at a thermometer if they have a fever	☐	☐	☐	☐	☐
Knows how to locate their health insurance card or information	☐	☐	☐	☐	☐
Understands what to do in case of colds, flu, fever, or other common health problems	☐	☐	☐	☐	☐
Knows how to reach medical providers	☐	☐	☐	☐	☐
SEXUAL HEALTH SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Can label body parts with correct terms	☐	☐	☐	☐	☐
Understands the need for and knows how to access various forms of birth control	☐	☐	☐	☐	☐
Takes care of menstrual periods; maintains and uses supplies	☐	☐	☐	☐	☐
Understands consent and how to give and recognize consent	☐	☐	☐	☐	☐
Understands private places versus public places	☐	☐	☐	☐	☐
Understands private behavior versus public behavior	☐	☐	☐	☐	☐

Interpersonal/ Social Skills	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Introduces themselves to others	☐	☐	☐	☐	☐
Engages in back-and-forth communication with others	☐	☐	☐	☐	☐
Understands and manages personal space as needed	☐	☐	☐	☐	☐
Knows how to ask (in some way) for help	☐	☐	☐	☐	☐
Is courteous to others	☐	☐	☐	☐	☐
Knows how to resolve conflict or how to ask for help to resolve conflict	☐	☐	☐	☐	☐
Takes turns (if game playing, e.g., bowling, cards)	☐	☐	☐	☐	☐
Says no to peers or others if something feels wrong	☐	☐	☐	☐	☐
Accepts “no” for an answer	☐	☐	☐	☐	☐
Knows how to interrupt appropriately	☐	☐	☐	☐	☐
Expresses anger or frustration appropriately	☐	☐	☐	☐	☐
Kitchen Skills	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Safely operates appliances (cooktop, oven, microwave, toaster, dishwasher, coffeemaker)	☐	☐	☐	☐	☐
Uses common kitchen tools (can opener, bottle opener, measuring cups and spoons, grater, etc.)	☐	☐	☐	☐	☐
Helps plan and prepare meals for self	☐	☐	☐	☐	☐
Can follow a simple recipe	☐	☐	☐	☐	☐
Can wash and put away dishes and/or load and unload the dishwasher	☐	☐	☐	☐	☐
Can clean kitchen (including counters, floors, and removing trash)	☐	☐	☐	☐	☐

LAUNDRY SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Puts dirty clothes in hamper or other appropriate place	☐	☐	☐	☐	☐
Sorts clothes for proper washing	☐	☐	☐	☐	☐
Knows how to operate a washer and dryer	☐	☐	☐	☐	☐
Knows how to use laundry detergent	☐	☐	☐	☐	☐
Cleans lint screen after each drying cycle	☐	☐	☐	☐	☐
Folds clothes	☐	☐	☐	☐	☐
Puts their clothes away	☐	☐	☐	☐	☐
HOUSEHOLD SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Cleans their bedroom, bathroom and other areas as needed	☐	☐	☐	☐	☐
Makes their bed and changes the bedsheets as needed	☐	☐	☐	☐	☐
Puts items away in the correct location	☐	☐	☐	☐	☐
Can do minor repairs (e.g., change lightbulbs)	☐	☐	☐	☐	☐
Knows who to contact about major repairs (e.g., landlord, repair person, etc.)	☐	☐	☐	☐	☐
Picks up and disposes of trash	☐	☐	☐	☐	☐
Takes trash outside as needed	☐	☐	☐	☐	☐
Operates a vacuum	☐	☐	☐	☐	☐
Sweeps and mops floors	☐	☐	☐	☐	☐

COMMUNITY SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Can use public transportation (taxi, bus, train, Uber/Lyft, paratransit, etc.)	☐	☐	☐	☐	☐
Knows to be alert in unfamiliar settings and at night	☐	☐	☐	☐	☐
Consistently wears a seatbelt	☐	☐	☐	☐	☐
Locates goods, services, and people using Internet searches (Google, phone listings, etc.)	☐	☐	☐	☐	☐
Orders from a menu	☐	☐	☐	☐	☐
Crosses streets safely	☐	☐	☐	☐	☐
Keeps driver's license or state issued ID card updated	☐	☐	☐	☐	☐
Uses the post office	☐	☐	☐	☐	☐
Uses bank services	☐	☐	☐	☐	☐
Knows where to go to vote and how to ask for accommodations if needed	☐	☐	☐	☐	☐

Youth's Name/Date: _____ Signature: _____

Case Worker's Name/Date: _____ Signature: _____

To Be Completed by PLOMC Staff



Reviewed by: _____ Date: _____

Admission Approved ___ Yes ___ No, Why? _____

Admissions Date: _____ Location: _____

Service Recommendation(s):