



BLUE LOTUS CENTER

Neurodiversity Apprenticeship Program

Self-Assessment

	Independently	Sometimes With Help	I Need Total Support
I can prepare lunch or snacks.			
I can cook a simple meal using a stove.			
I know how to use the bathroom and wash my hands.			
I can dress appropriately for the weather.			
I can manage my own hair and grooming.			
I can read digital or face clock and tell time.			
I do chores such as making my bed and vacuuming.			
I can stay awake for a 6-8 hour day.			
I can follow a daily schedule.			
I know how to set alarms or reminders.			
I can be home alone.			
I can take my own medications.			
I know how to call for help in an emergency.			
I can ask for help.			
I respond when someone speaks to me.			
I am comfortable starting a conversation.			

	Independently	Sometimes With Help	I Need Total Support
I engage in appropriate conversations.			
I give people around me personal space.			
I can participate in small group activities.			
I use appropriate and respectful language.			
I display appropriate behaviors in public.			
I can manage my temper with others.			
I can use a cell phone to talk to others.			
I can use a cell phone for text messaging.			
I have an email address and use it to communicate.			
I can use the computer to play games and look up information.			
I can use the computer to create excel spreadsheets.			
I am easily understood by others.			
I use adaptive equipment to communicate.			
I use an interpreter or sign language.			
I can accept changes in my routine.			
I am comfortable with large groups of people.			
I am comfortable with loud noise.			

OUTDOOR Skills Check box even if you require assistance to perform the skill	I Have a lot of Experience	Some Experience	Never Tried This Before
Pushing a wheelbarrow			
Clipping and pruning			
Knowledge of insects, fish, amphibians, or reptiles			
Weeding			
Knowledge of plants			
Weed whacking			
Leaf Blowing			
Hand Mowing			
Watering Plants			
Composting and Recycling			
Building a fire			
Cleaning a pool			
Cleaning the bathroom			
Cleaning the kitchen			
Kayaking or canoeing			
Fishing			
Riding a bike			