

DMHAS WISE Program
Recovery Plan Skills Assessment

Client Name: _____ Date _____

Basis of Information for Assessment (check all that apply):

- Self-report Direct Observation Collateral Records Conservators

- 5. MAXIMUM ASSISTANCE** – Unable to meet minimal standards of behavior or functioning in order to participate in daily living activities or performance of basic tasks approximately 75% of time. Cue – Step by step physical gestures, pointing and demonstrations **Prompts/Coaching** - Step by step physical demonstrations with visual and verbal directions that prompt the participant to perform the skills and/or tasks.
- 4. MODERATE ASSISTANCE** – Needs constant cognitive assistance such as 1:1 cueing, prompting/coaching or demonstrations to sustain or complete simple, repetitive activities or tasks safely and accurately approximately 50% of time. Cues - Hints to help organize thoughts. **Prompts/Coaching** – Step by step verbal directions.
- 3. MINIMUM ASSISTANCE** – Needs periodic cognitive assistance (cueing and/or prompting/coaching) to correct mistakes, check for safety and/or solve problems approximately 25% of time. Cues -Hints related to the task. **Prompts/Coaching** – Step by step written and/or verbal directions.
- 2. STANDBY ASSISTANCE** – Supervision by one person is needed to enable the individual to perform new procedures for safe and effective performance. Cues – Visual demonstrations related to the task. **Prompts/Coaching** – Visual and physical directions that prompt the participant to perform the skills and/or tasks.
- 1. INDEPENDENT** – No physical or cognitive assistance needed to perform activities or tasks.
- 0. UNABLE TO ASSESS**
- 0. CLIENT IS ASSESSED TO BE CAPABLE**, but refuses or has chosen to not actively participate in providing any evidence of skills and/or abilities **or** demonstrating any skills and/or abilities for this assessment.

Personal care: (Utilizing Motivational Interviewing techniques: ask the client to describe or if possible, to demonstrate how and when they perform the following activities) - Note whether or not you have to coach or cue the client.

1. Showers or Bathes regularly (how often, can he/she describe?)
 Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
 Independent (1) Able to perform new tasks with Prompts/Coaching (2)
 Unable to assess (0) Refuses, Capable (0)
2. Dresses appropriately for climate and situation (ask the client to describe how he/she would dress for rain, snow, hot & cold weather, for a doctor's appointment, for bed, etc.) - Note whether or not you have to coach or cue the client.
 Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
 Independent (1) Able to perform new tasks with Prompts/Coaching (2)
 Unable to assess (0) Refuses, Capable (0)
3. Brushes teeth regularly (Can he/she describe the steps in how and when they do this: once a day, after every meal and/or before bed, etc.) - Note whether or not you have to coach or cue the client.
 Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
 Independent (1) Able to perform new tasks with Prompts/Coaching (2)
 Unable to assess (0) Refuses, Capable (0)
4. Wears clean clothes (ask the client to describe or if possible, to demonstrate where their clean versus soiled clothing is kept and how they determine what is clean and what is soiled when getting dressed) - Note whether or not you have to coach or cue the client.
 Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
 Independent (1) Able to perform new tasks with Prompts/Coaching (2)
 Unable to assess (0) Refuses, Capable (0)

Skills Assessment

- Dependent (5)
- Independent (1)
- Unable to assess (0)
- With Assistance (4)
- Refuses, Capable (0)
- Step by Step Prompts/Coaching (3)
- Able to perform new tasks with Prompts/Coaching (2)

3. Able to make Change (ask the client to describe the steps in how he/she would get change for \$1 or \$5 in quarters for the bus, laundry, etc. - Note whether or not you have to coach or cue the client.

- Dependent (5)
- Independent (1)
- Unable to assess (0)
- With Assistance (4)
- Refuses, Capable (0)
- Step by Step Prompts/Coaching (3)
- Able to perform new tasks with Prompts/Coaching (2)

4. Makes deposits/withdrawals at bank (ask the client to describe the steps in how he/she would go to the bank and cash a check, deposit and/or withdraw money from their account) - Note whether or not you have to coach or cue the client.

- Dependent (5)
- Independent (1)
- Unable to assess (0)
- With Assistance (4)
- Refuses, Capable (0)
- Step by Step Prompts/Coaching (3)
- Able to perform new tasks with Prompts/Coaching (2)

5. Pays bills reliably (ask the client to describe the steps in how he/she would pay all monthly bills e.g: knows when they are due, pays by check, money order or goes to business to pay in cash and gets receipt, etc.) - Note whether or not you have to coach or cue the client.

- Dependent (5)
- Independent (1)
- Unable to assess (0)
- With Assistance (4)
- Refuses, Capable (0)
- Step by Step Prompts/Coaching (3)
- Able to perform new tasks with Prompts/Coaching (2)

6. Comments: _____

Total of Scores: _____ ÷ 5 = Score Average: _____

Transportation:

1. Transportation Resources: (Utilizing Motivational Interviewing techniques: ask the client to describe the type of transportation they would use to get around) - Note whether or not you have to coach or cue the client.

- Dependent (5)
- Independent (1)
- Unable to assess (0)
- With Assistance (4)
- Refuses, Capable (0)
- Step by Step Prompts/Coaching (3)
- Able to perform new tasks with Prompts/Coaching (2)

2. Client schedules and uses medical cab (ask the client to describe how to schedule a medical cab) - Note whether or not you have to coach or cue the client.

- Dependent (5)
- Independent (1)
- Unable to assess (0)
- With Assistance (4)
- Refuses, Capable (0)
- Step by Step Prompts/Coaching (3)
- Able to perform new tasks with Prompts/Coaching (2)

3. Client uses public transportation (ask the client to describe how he/she would access public transportation e.g.: the bus) - Note whether or not you have to coach or cue the client.

- Dependent (5)
- Independent (1)
- Unable to assess (0)
- With Assistance (4)
- Refuses, Capable (0)
- Step by Step Prompts/Coaching (3)
- Able to perform new tasks with Prompts/Coaching (2)

4. Comments _____

Total of Scores: _____ ÷ 3 = Score Average: _____

Interpersonal Communication Skills: (Utilizing Motivational Interviewing techniques: observe & listen to the client’s basic conversation skills for the following).

1. Initiates contact with individuals (ask the client to describe the type of contact they have with other individuals – friends, family, staff members, etc.) - Note whether or not you have to coach or cue the client.

- Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
- Independent (1) Able to perform new tasks with Prompts/Coaching (2)
- Unable to assess (0) Refuses, Capable (0)

2. Initiates contact with groups (ask the client to describe the type of contact they have with groups – 12 step, therapy, church, etc.) - Note whether or not you have to coach or cue the client.

- Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
- Independent (1) Able to perform new tasks with Prompts/Coaching (2)
- Unable to assess (0) Refuses, Capable (0)

3. Will make eye contact (observe the client’s basic conversation skills for this) - Note whether or not you have to coach or cue the client.

- Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
- Independent (1) Able to perform new tasks with Prompts/Coaching (2)
- Unable to assess (0) Refuses, Capable (0)

4. Can identify and express needs (ask the client to identify and express some of their needs and observe the client’s basic conversation skills to try to determine level of ability) - Note whether or not you have to coach or cue the client.

- Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
- Independent (1) Able to perform new tasks with Prompts/Coaching (2)
- Unable to assess (0) Refuses, Capable (0)

5. Can identify and articulate feelings (ask the client to identify and express some of their feelings and observe the client’s basic conversation skills to try to determine level of ability) - Note whether or not you have to coach or cue the client.

- Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
- Independent (1) Able to perform new tasks with Prompts/Coaching (2)
- Unable to assess (0) Refuses, Capable (0)

6. Has awareness and empathy of others needs (Describe a scenario that should create empathy and awareness of another human being’s situation - e.g.; a friend, family member or staff person’s dog was hit by a car - and ask the client to express their feelings about it and toward the individual. Observe the client’s basic conversation skills to try to determine level of understanding and empathy with others) - Note whether or not you have to coach or cue the client.

- Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
- Independent (1) Able to perform new tasks with Prompts/Coaching (2)
- Unable to assess (0) Refuses, Capable (0)

7. Maintains personal space and boundaries with others (observe the client’s basic conversation skills to try to determine a level of ability, e.g.; does he/she sit or stand too close, do they speak too loudly or softly, note how they respond if you ask them to move back, speak up or down) - Note whether or not you have to coach or cue the client.

- Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
- Independent (1) Able to perform new tasks with Prompts/Coaching (2)
- Unable to assess (0) Refuses, Capable (0)

Skills Assessment

4. Able to engage and complete tasks (as you are performing the above exercise with the client, observe them closely to try to determine level of ability they have to engage in the process and to complete the steps of the exercise - Note whether or not they perform all the steps or you have to coach or cue the client to perform each of the steps of the exercise- Note whether or not you have to coach or cue the client.

- Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
 Independent (1) Able to perform new tasks with Prompts/Coaching (2)
 Unable to assess (0) Refuses, Capable (0)

5. Able to remember instructions (after you have performed the above exercise with the client, ask them to verbally repeat back to you the 5 steps of the exercise. Observe and listen to them closely to try to determine level of ability they have to remember instructions - Note whether or not you have to coach or cue the client to remember the steps of the exercise.

- Dependent (5) With Assistance (4) Step by Step Prompts/Coaching (3)
 Independent (1) Able to perform new tasks with Prompts/Coaching (2)
 Unable to assess (0) Refuses, Capable (0)

6. Comments: _____
 Total of Scores: _____ ÷ 5 = Score Average: _____

Skill Assessed	Primary Focus in Recovery Plan?		AVERAGED SCORES	AREAS OF CONCERN (Reference Specific Assessed Skills)
	YES	NO		
1. Personal Care	<input type="checkbox"/>	<input type="checkbox"/>		
2. Independent Living Skills	<input type="checkbox"/>	<input type="checkbox"/>		
3. Safety	<input type="checkbox"/>	<input type="checkbox"/>		
4. Money Management	<input type="checkbox"/>	<input type="checkbox"/>		
5. Transportation	<input type="checkbox"/>	<input type="checkbox"/>		
6. Interpersonal Communication	<input type="checkbox"/>	<input type="checkbox"/>		
7. Health Awareness	<input type="checkbox"/>	<input type="checkbox"/>		
8. Coping Skills	<input type="checkbox"/>	<input type="checkbox"/>		
9. Stress Management	<input type="checkbox"/>	<input type="checkbox"/>		
10. Impulse Control	<input type="checkbox"/>	<input type="checkbox"/>		
11. Cognitive Functioning	<input type="checkbox"/>	<input type="checkbox"/>		

Date of Assessment _____ Location: NF Community

Clinician Name _____ Signature _____