

AUTONOMY AT HOME - OBSERVATION FORM

Observation of:(first name, last name, date of birth).....

Performed on:.....

By (operator):.....

PERSONAL CARE

1) Personal hygiene.

Washes hands - *spontaneously - on request - with help -no*

She/he washes her/his face - *spontaneously - on request - with help -no*

She/he brushes her/his teeth - *spontaneously - on request - with help -no*

She/he washes her/his feet - *spontaneously - on request - with help -no*

Takes a bidet - *spontaneously - on request - with help -no*

Takes a shower or bath - *spontaneously - on request - with help -no*

One shampoos - *spontaneously - on request - with help -no*

She/he dries her/his body - *spontaneously -on request - with help -no*

She/he dries her/his hair - *spontaneously - on request - with help -no*

She/he combs her/his hair - *spontaneously - on request - with help -no*

With menstruation she changes - *spontaneously - on request - with help -no*

She puts on makeup - *spontaneously - on request - with help -no*

She removes makeup - *spontaneously - on request - with help -no*

He shaves with electric razor - *spontaneously - on request - with help -no*

He shaves with razor blade - *spontaneously -on request - with help -no*

She/he does manicure/pedicure - *spontaneously - on request - with help -no*

2) Sphincter control

Feels the need to go to the bathroom - *spontaneously - on request - with help -no*

Goes to the bathroom - *spontaneously - on request - with help -no*

Uses the toilet appropriately - *spontaneously -on request - with help -no*

Closes the door - *spontaneously -on request - with help -no*

3) Use of toilets

After using the toilet:

uses toilet paper properly - *spontaneously - on request - with help -no*

flushes - *spontaneously - on request - with help -no*

leaves the bathroom clean - *spontaneously - on request - with help -no*

uses bidet - *spontaneously - on request - with help -no*

4) Getting dressed/undressed

Chooses clothing - *spontaneously - on request - with help -no*

Is able to decide the order of clothing - *spontaneously -on request - with help -no*

Places clothes correctly (straight-back, etc...) - *spontaneously -on request - with help -no*

Is able to put on clothing:

-underwear - *spontaneously - on request - with help -no*

-pants - *spontaneously -on request - with help -no*

- T-shirt/sweater - *spontaneously -on request - with help -no*

-shoes:

with laces - *spontaneously -on request- with help -no*

with hook-and-loop fastener - *spontaneously - on request - with help -no*

Is able to recognize garments by season - *spontaneously - on request - with help -no*

Can button/unbutton - *spontaneously - on request - with help -no*

Uses zipper - *spontaneously - on request - with help -no*

Recognizes when it is necessary to change - *spontaneously - on request - with help -no*

5) Eating

Remains sitting composed at the table - *spontaneously - on request - with help -no*

Eats from his own plate - *spontaneously - on request - with help -no*

Serves himself - *spontaneously - on request - with help -no*

Pours drink - *spontaneously -on request - with help -no*

Distinguishes cutlery - *spontaneously -on request - with help -no*

Uses cutlery appropriate to the plate - *spontaneously -on request - with help -no*

Eats with spoon - *spontaneously - on request - with help -no*

Uses fork correctly - *spontaneously - on request - with help -no*

Uses knife correctly - *spontaneously -on request - with help -no*

Uses spoon correctly - *spontaneously -on request - with help -no*

Eats without getting dirty - *spontaneously - on request - with help -no*

Chews properly - *spontaneously - on request - with help -no*

Drinks from glass - *spontaneously - on request - with help -no*

- with one hand - *spontaneously - on request - with help -no*
- with two hands - *spontaneously - on request - with help -no*

Drinks from cup with handles - *spontaneously - on request - with help -no*

Knows how to express his needs regarding feeding - *spontaneously - on request - with help -no*

Uses napkin appropriately - *spontaneously - on request - with help -no*

USE AND CARE OF HIS OWN SPACE

How often does he or she tidy up his or her room

- *every day - more than 1 time a week - rarely - never*

Does - *spontaneously - on request - with help -no*

Understands the usefulness of keeping tidy - *spontaneously - on request -no*

Cleans his room - *spontaneously - on request - with help -no*

Stows objects in their place - *spontaneously - on request - with help -no*

Makes her/his bed - *spontaneously -on request - with help -no*

Changes sheets - *spontaneously -on request - with help -no*

Appropriately places clothing items in her/his closet - *spontaneously -on request -con help -no*

Picks up objects/garments in his/her own closet - *spontaneously -on request -con help -no*

Places clean and soiled clothing in the proper place - *spontaneously -on request -con help -no*

Folds his own clothes - *spontaneously -on request -con help -no*

Tidies up his closet - *spontaneously -on request -con help -no*

USE AND CARE OF COMMON AREAS

1)Housekeeping:

Recognizes the different rooms in the house -*yes -no*

Helps with household cleaning - *spontaneously -on request - with help -no*

Tidies up - *spontaneously -on request - with help -no*

Distinguishes dirty and clean - *spontaneously - on request - with help -no*

Washes floors - *spontaneously - on request - with help -no*

Sweeps - *spontaneously - on request - with help -no*

Dusts - *spontaneously - on request - with help -no*

If in trouble asks for help - *spontaneously - on request - with help -no*

Follows simple directions - *spontaneously - on request - with help -no*

Follows complex directions - *spontaneously - on request - with help -no*

Uses the following household appliances:

vacuum cleaner - *spontaneously - on request - with help -no*

washing machine - *spontaneously - on request - with help -no*

dishwasher - *spontaneously - on request - with help -no*

2) Space management:

The kitchen

Sets - *spontaneously - on request - with help -no*

Clear - *spontaneously - on request - with help -no*

Washes dishes - *spontaneously - on request - with help -no*

Sweeps - *spontaneously - on request - with help -no*

Fills bucket - *spontaneously - on request - with help -no*

Washes the floor - *spontaneously - on request - with help -no*

Changes the garbage bag - *spontaneously - on request - with help -no*

Distinguishes hot and cold water - *spontaneously - on request - with help -no*

Recognizes as danger:

Boiling water - *spontaneously - on request - with help -no*

Oil - *spontaneously - on request - with help -no*

Poisonous detergents - *spontaneously - on request - with help -no*

Recognizes different detergents - *spontaneously - on request - with help -no*

Uses them appropriately - *spontaneously - on request - with help -no*

3) Common tools

Telephone

Answers when it rings - *spontaneously - on request - with help -no*

Uses

landline phone - *spontaneously - on request - with help -no*

cell phone - *spontaneously - on request - with help -no*

Answers the intercom - *spontaneously - on request - with help -no*

Looks through the door peephole before opening - *spontaneously - on request - with help -no*

4)Respect for others

Listen to the person talking to him - *yes -no*

Respects the rules of the group - *always - sometimes - never*

In the group respects the choices of others - *always - sometimes - never*

Knows how to share a space with others - *always - sometimes - never*

Takes care of his own things - *yes -no*

Has care and respect for others' things - *yes -no*

5)Schedules

Has the cognition of time

in the day (before-after) - *yes -no*

in the long run - *yes -no*

Knows the succession of the days of the week - *yes - no*

Knows how to read a clock: - *analogic - digital*

Does it: - *spontaneously - on request - with help - not*

KITCHEN CARE

1) Autonomous use of supplies

Knows the arrangement of supplies in the home - *yes- only some things (specify which)..... - no*

Recognizes foods:

Recognizes fresh food - *spontaneously - on request - with help - no*

Recognizes preserved food - *spontaneously - on request - with help - no*

Recognizes frozen food - *spontaneously - on request - with help - no*

Recognizes canned food - *spontaneously - on request - with help - no*

Knows where to place food:

In the refrigerator - *spontaneously - on request - with help - no*

In the pantry - *spontaneously - on request - with help - no*

In the freezer - *spontaneously - on request - with help - no*

Understands when a product has deteriorated - *spontaneously - on request - with help - no*

Which ones?

Canned - *spontaneously - on request - with help - no*

Fresh - *spontaneously - on request - with help -*

Has responsibility for procurement - *yes - no*

If yes, on which products?

.....

2) Organization and shopping

Goes for shopping? - *spontaneously - on request - with help - no*

Does shopping list - *spontaneously - on request - with help - no*

Identifies products that are missing - *spontaneously - on request - with help - no*

Is he or she able to organize shopping in relation to the recipe to be prepared?

- *spontaneously* - *on request* - *with help* - *no*

For this purpose he uses - *Recipes* - *Operator help* - *Internet* - *Other*

Is able to organize a grocery shopping in relation to the number of diners?

- *spontaneously* - *on request* - *with help* - *no*

Is able to define how much money to bring in based on the purchase?

- *spontaneously* - *on request* - *with help* - *no*

puts the groceries in order - *yes* - *no* - *only some things (specify which)*.....

3) Meal preparation/use of household appliances

Knows how to use household appliances

Blender - *spontaneously* - *on request* - *with help* - *no*

Stove - *spontaneously* - *on request* - *with help* - *no*

Oven - *spontaneously* - *on request* - *with help* - *no*

Other (specify which)..... - *spontaneously* - *on request* - *with help* - *no*

Can distinguish cooking utensils?

- *Yes*

Only a few:

- *ladles*- *can opener* - *skimmer* -*different knives* -*cutlery* – *other*.....

Knows how to choose utensils - *spontaneously* - *on request* - *with help* - *no*

(specify which ones).....

Knows how to use utensils - *spontaneously* - *on request* - *with help* - *no*

(specify which ones).....

Knows how to choose cookware - *spontaneously* - *on request* - *with help* - *no*

(specify which).....

Knows how to use cookware - *spontaneously* - *on request* - *with help* - *no*

(specify which).....

Can perform simple recipes - *spontaneously* - *on request* - *with help* - *no*

Can perform complex recipes - *spontaneously* - *on request* - *with help* - *no*

Has she/ he ever prepared a meal for himself or others ? - *spontaneously - on request - with help - no*

Distinguishes different dishes (appetizer, main course, dessert ..)?

- *spontaneously - on request - with help - no*

Does he/she know how to react to unexpected events? (e.g., milk going out)

- *spontaneously - on request - with help - no*

After cooking:

tidies up the kitchen - *spontaneously - on request - with help - no*

washes dishes - *spontaneously - on request - with help - no*

cleans the stove - *spontaneously - on request - with help - no*

cleans work table - *spontaneously - on request - with help - no*