



Sample Housing Skills and Support Checklist

This is an example of a form that may be completed after an applicant has been accepted into housing, to help identify their service needs. The following skills are necessary, in varying degrees depending upon the housing model, for living successfully in the community.

Use checks to represent the level of assistance needed.

✓ = **Almost never needs assistance**

✓✓ = **Sometimes needs assistance**

✓✓✓ = **Almost always needs assistance**

- Money management skills and ability to pay rent (keep up with entitlement/benefits paperwork, cash checks, budget)
- Ability to comply with the terms of the lease (refrain from violence, keep noise down during hours of sleep, refrain from criminal activity)
- Housekeeping skills (able to clean space, wash sheets, remove garbage regularly, keep out mice and insects, remove excess clutter, maintain plumbing [remove hair from drain, keep large items out of toilet])
- Personal care skills (washing clothes, buying and using toiletries, dress appropriately, bathing)
- Travel skills (use public transportation, follow directions)
- Shopping and cooking skills (able to obtain meals by buying or cooking food, store food properly)
- Social skills (sensitivity to and respect for the needs and rights of others, conflict management skills, ability to maintain positive relationships)
- Social support (connections to family and significant others, needs for interaction or time alone)
- Awareness of service needs and ability to seek and accept help
- Communication skills (able to make needs known, ask for clarification when not clear about what others have said)
- Ability to manage health, substance use and psychiatric care (make and keep appointments, manage Medicaid or health insurance paperwork requirements, take medication as prescribed, advocate and communicate with doctors)
- Awareness of substance use, relapse patterns and consequences of use (disruptive behavior, deteriorated health, rent payment, inability to work, relapse triggers)
- Ability to pursue goals (planning, prioritizing and accessing needed resources; problem-solving and negotiation skills)

