Neuroinclusivity in Housing

Personal Care

Select one response for each task.

Task	I can do this task without any help	I can do this task on my own but might need some support or help planning	I need someone to work with me one-on-one to complete this task
Maintaining daily personal hygiene (showering, brushing teeth, washing hair and body, shaving, wearing deodorant, etc.)	☐	☐	☐
Using strategies to manage different emotions	☐	☐	☐
Keeping boundaries (saying yes or no when you want to)	☐	☐	☐
Keeping a fully stocked first-aid kit	☐	☐	☐
Going to the doctor, dentist and mental health provider as needed	☐	☐	☐
Keeping basic medications on hand (Tylenol, Advil, etc.)	☐	☐	☐
Being aware of your sensory needs and taking steps to fulfill them	☐	☐	☐
Seeking out regular movement and physical activity	☐	☐	☐
Other:	☐	☐	☐
Other:	☐	☐	☐
Other:	☐	☐	☐
Other:	☐	☐	☐
Other:	☐	☐	☐