

# iLs Adult Checklist

Instructions: The checklist is intended to help assess a person's progress throughout an iLs program. We recommend completing the checklist pre□ post□ and every two months during a program. Scale 0 □ 10; zero = never, 10 = always

## BALANCE, GROSS & FINE MOTOR CONTROL

- 0 \_\_\_\_\_ Has trouble distinguishing between left and right
- 0 \_\_\_\_\_ Has difficulty learning to type with both hands
- 0 \_\_\_\_\_ Avoids movement activities (rotation, feet off ground, side-to-side movement, i.e., skating)
- 3 \_\_\_\_\_ Is constantly moving, tapping foot or pencil, drumming (may increase when trying to pay attention)
- 3 \_\_\_\_\_ Bumps into people/objects; gets too close to people; unaware of personal space
- 7 \_\_\_\_\_ Exhibits poor posture, slumps or slouches
- 8 \_\_\_\_\_ Has poor endurance, is weak and tires easily, avoids physical activity
- 3 \_\_\_\_\_ Is clumsy, awkward, or accident prone
- 0 \_\_\_\_\_ Has poor eye-hand coordination
- 4 \_\_\_\_\_ Has difficulty with combining or remembering next movement in a sequence
- 0 \_\_\_\_\_ Has difficulty learning new motor activities or movements that require more than two steps
- 0 \_\_\_\_\_ Avoids activities that require fine motor manipulation
- 0 \_\_\_\_\_ Has difficulty catching things
- 0 \_\_\_\_\_ Has a poor sense of balance
- 0 \_\_\_\_\_ Has a poor sense of rhythm,
- 29 **TOTAL** timing

## SENSO

- 0 \_\_\_\_\_ Seems bothered by textures on body (i.e. sticky items, sand/dirt, nail clippers, scissors with haircut, clothing fabrics/tags)
- 5 \_\_\_\_\_ Is bothered by background noise (i.e., humming of lights, ice makers, computers, air conditioners, fans)
- 0 \_\_\_\_\_ Is bothered by loud and/or unexpected sounds
- 0 \_\_\_\_\_ Doesn't like being touched/over responds to unexpected touch/bumps
- 4 \_\_\_\_\_ Avoids sustained eye contact
- 2 \_\_\_\_\_ Has an activity level that seems unusually high
- 6 \_\_\_\_\_ Has an activity level that seems unusually
- 2 \_\_\_\_\_ low Is impulsive/lacks self-control
- 19 **TOTAL**

## SOCIAL / EMOTIONAL

- 3 \_\_\_\_\_ Is irritable, short-tempered
- 7 \_\_\_\_\_ Is easily overwhelmed, frustrated by daily activities
- 3 \_\_\_\_\_ Is emotionally intense in most activities
- 2 \_\_\_\_\_ Has frequent mood fluctuations
- 8 \_\_\_\_\_ Is anxious, bites nails, face and body are not relaxed
- 5 \_\_\_\_\_ Is easily upset/hurt; takes a long time to recover
- 6 \_\_\_\_\_ Does not transition smoothly from one activity to another
- 3 \_\_\_\_\_ Has difficulty making and keeping friends
- 9 \_\_\_\_\_ Lacks confidence with new environments and new tasks
- 3 \_\_\_\_\_ Is not affectionate, not touching or hugging
- 6 \_\_\_\_\_ Seems overly emotional
- 8 \_\_\_\_\_ Seems "needy" – lacks independence, low self-reliance, low self-esteem
- 6 \_\_\_\_\_ Avoids social situations; prefers to be alone
- 0 \_\_\_\_\_ Lacks tactfulness, acts impulsively
- 7 \_\_\_\_\_ Seems pessimistic, i.e., expects the
- 5 \_\_\_\_\_ worst Likes to be in control
- 81 **TOTAL**

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## AUDITORY / LANGUAGE

- 0 Has difficulty following what others are saying
- 0 Says "What?" or "Huh?", needs instructions repeated, prefers visual cues
- 0 Has difficulty interpreting tone of voice – e.g. angry vs. joking
- 2 Is slow to react to speech/directions
- 4 Dislikes shrill sounds, or popping sounds, such as sirens, fireworks
- 0 Confuses similar sounding words, such as mouth and mouse
- 2 Has difficulty determining from what direction a sound is coming
- 0 Is difficult to understand; doesn't speak clearly; mumbles
- 0 Speaks with monotone voice
- 6 Has difficulty hearing conversation/instructions in noisy environment
- 7 Is distracted fairly easily by sounds; loses concentration
- 8 Exhibits difficulty organizing thoughts; stumbles over words
- 0 Has poor reading
- 0 fluency Has difficulty
- 29 **TOTAL**

## ORGANIZATION / ATTENTION / COGNITIVE

- 5 Needs frequent redirection and/or refocusing toward task at hand
- 4 Misplaces items, such as glasses, keys and other belongings
- 5 Gazes into space/appears to be in own world
- 2 Has difficulty planning ahead
- 5 Has difficulty self-regulating actions and/or emotions
- 1 Has difficulty sitting still; moves a lot, especially if trying to pay attention
- 2 Interrupts others
- 3 Is disorganized and has poor work habits
- 4 Has difficulty sitting still during meetings
- 7 Is easily distracted; not able to stay on task
- 2 Has poor working memory, i.e., forgets things just explained
- 3 Must re-read material several times to comprehend
- 2 Can't remember or omits sequential tasks – e.g. do A, then B, then C
- 4 Has difficulty organizing personal spaces/takes a long time to perform household or work-related activities
- 7 Has difficulty shifting attention from one activity or object to another
- 7 Often fails to begin or complete tasks or projects
- 4 Starts many tasks or projects, but doesn't complete them
- 0 Does not recognize cause and effect
- 3 Demonstrates poor judgment and reasoning skills
- 0 Acts before thinking; impulsive
- 4 Has a tendency to ramble, can't "get to the point"
- 2 Has difficulty organizing thoughts verbally or on
- 76 **TOTAL**

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- 4 Lies awake for half an hour or more before falling asleep
- 3 Has thoughts racing through mind preventing getting to sleep
- 3 Awakens frequently during the night
- 4 Cannot get back to sleep easily
- 1 Has fitful sleep cycles (tosses, turns, restless)
- 3 Awakens during the night with nightmares
- 4 Wakes up grouchy, irritable and mood persists throughout the day
- 6 Feels sleepy and struggles to remain alert
- 5 during day Is hard to wake up in morning

33 **TOTAL**

Date completed

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Program Name & Session # \_\_\_\_\_

Completed by \_\_\_\_\_

Client's name Danielle Ford 10/29