

**WHAT I HAVE** Looking for instructions? Download at [www.fosterclub.org](http://www.fosterclub.org)

Ansell-Casey Life Skills Assessment		<input type="checkbox"/> Completed <input type="checkbox"/> In progress <input type="checkbox"/> Not completed	
Demonstrated knowledge of life skills:			
<input type="checkbox"/> Laundry	<input type="checkbox"/> Recreation/leisure	<input type="checkbox"/> Personal Hygiene	<input type="checkbox"/> Other:
<input type="checkbox"/> Home safety	<input type="checkbox"/> Grocery shopping	<input type="checkbox"/> Communication	<input type="checkbox"/> Other:
<input type="checkbox"/> Legal issues	<input type="checkbox"/> Cooking	<input type="checkbox"/> ?	<input type="checkbox"/> Other:
<input type="checkbox"/> Etiquette	<input type="checkbox"/> Cleaning	<input type="checkbox"/> ?	

**RESOURCES AVAILABLE TO ME** Find 'em at [www.fosteringconnections.org](http://www.fosteringconnections.org)

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

**THIS IS MY PLAN** Get ideas about how to make a plan at [www.fosterclub.org](http://www.fosterclub.org)

Short term (1 year) goals	Steps & services (and who will help me)	Progress

Plan after I leave foster care:

Long term goals (five years from now, my life skills goals include):

**READINESS SCALE** Needs work 1 2 3 4 5 6 7 8 9 10 Prepared

