

Readiness for Driving: IADL Checklist

Driving is a complex instrumental activity of daily living (IADL), especially for a novice driver. The complexity of driving can be explained in three levels: Operational, tactical, and strategic. Operational is the physical aspects of driving (e.g., steering, using pedals) that become automatic once they are learned. The tactical level is applying the rules of the road while maneuvering the vehicle such as stopping at a stop sign or following lane markings. Strategic is the planning aspects of driving both before driving (e.g., determining the best route, considering weather conditions) as well as managing unexpected problems like detours with construction or road closures.

Young people need to develop the foundational skills that will support them in all three levels of driving through building independence in their everyday activities at home, school, work, and community settings. These may include: Multi-tasking; following rules and instructions; solving problems as they emerge; time management; caring for a sibling or pet; organizing their own room; preparing a simple meal; or managing money. Although novice drivers may have not attained **all** the skills listed below before learning to drive, they should have attained some of the skills.

Parent/Guardian/Occupational Therapist/Case Manager: Please complete this entire checklist to the best of your knowledge based on the young person's activities and performance *over the last 12 months*. For each statement, put the appropriate score (0 to 3) in the unshaded box of the column that most appropriately describes the young person's abilities in that area. The 0 to 3 rating scale is described at the top of each category. If appropriate, have the young person fill out a separate checklist for themselves. Together, they can be used to compare answers to **promote discussion and set goals** for driving and community skills.

Name of person being rated: _____

Age: _____

Name of person completing form: _____

Relationship: _____

Personal and Healthcare Skills			
<i>0 = does not do 1 = does with difficulty 2 = able to do, but needs reminders 3 = able to do without reminders</i> <i>NA = don't know or no opportunity to do</i>	<i>For therapists only: Operational (O) Tactical (T) Strategic (S)</i>		
Performance: Score each statement with scale above.	O	T	S
Self-care			
1. Chooses appropriate clothes to wear for weather or activity			
2. Completes daily personal grooming which includes hair, nails, baths/showers, using deodorant			
3. Manages time for routine self-care to be ready for routine appointments, school, or work			
Medical			
4. Takes personal/common medications appropriately			
5. Anticipates when a prescription needs to be refilled			
6. Attends to simple first aid (bandage for cut)			
7. Understands personal health status/diagnoses			
8. Prepares questions for healthcare providers to maintain of good health			
Personal responsibilities			

9. Charges devices (phone, computer/tablet) for daily use			
10. Manages cell phone (calls, messages, and texts) in a timely manner			
11. Complete school or work assignments on time			
Comment:			
Home & Family Responsibilities			
<i>0 = does not do 1 = does with difficulty 2= able to do, but needs reminders 3 = able to do without reminders</i> <i>NA = don't know or no opportunity to do</i>			<i>Operational (O)</i> <i>Tactical (T) Strategic (S)</i>
Performance: Score each statement with scale above.	O	T	S
Laundry			
1. Sorts clothes for washing			
2. Operates the washer and dryer			
3. Plans for doing laundry ahead of need			
Household maintenance and responsibilities			
4. Cleans (e.g. uses vacuum, dusts) and organizes own room			
5. Maintains bathroom (flush toilet, hang towels, replace toilet paper)			
6. Recognizes need and completes minor repairs (change light bulb, repair/assemble item, unclog toilet)			
7. Completes assigned chores in a timely manner			
Emergency/ Safety			
8. Accesses supplies as needed (extra key, candles, flashlights, fuses)			
9. Uses cell phone to dial 911 or parents in an emergency			
10. Uses chemicals/household products as directed on label			
11. Uses house key, remembers to lock the door			
Comment:			
Cooking and Kitchen Activities			
<i>0 = does not do 1 = does with difficulty 2= able to do, but needs reminders 3 = able to do without reminders</i> <i>NA = don't know or no opportunity to do</i>			<i>Operational (O)</i> <i>Tactical (T) Strategic (S)</i>
Performance: Score each statement with scale above.	O	T	S
Kitchen skills			
1. Cleans table/kitchen/counter/pots after use/puts food away			
2. Washes dishes or fills dishwasher, put dishes away			
3. Uses knives and kitchen tool (e.g., peeler, can opener) safely			

4. Takes out trash, recycling			
5. Checks for spoiled food			
6. Operates stove, oven, and/or microwave safely			
Cooking			
7. Makes own lunch for school or work			
8. Follows recipe or directions on a box			
9. When a utensil or an ingredient is not available, independently chooses a reasonable substitute			
10. Plans a meal for themselves and others			
Comment:			
Interpersonal Relationships			
<i>0 = does not do 1 = does with difficulty 2= able to do, but needs reminders 3 = able to do without reminders</i> <i>NA = don't know or no opportunity to do</i>			<i>Operational (O)</i> <i>Tactical (T) Strategic (S)</i>
Performance: Score each statement with scale above.	O	T	S
Interpersonal relationships with friends and family			
1. Participates in activities initiated by others			
2. Plans activities with friends or family			
3. Cooperates in caring for younger siblings or pets			
4. Participates in family decisions / compromises with parents or siblings to resolve conflict			
5. Follows rules in the home and community			
Interpersonal skills with less familiar individuals or strangers			
6. Withholds and shares personal information as appropriate			
7. Asks for directions or assistance from a stranger to find a public restroom, office, or address			
8. Asks for a store employee's assistance in finding an item			
9. Asks for help at school or work when uncertain of instructions or needs assistance			
10. Recognizes and avoids phishing scams or people inappropriately asking for money			
Comment:			
Community Skills			
<i>0 = does not do 1 = does with difficulty 2= able to do, but needs reminders 3 = able to do without reminders</i> <i>NA = don't know or no opportunity to do</i>			<i>Operational (O)</i> <i>Tactical (T) Strategic (S)</i>

Performance: Score each statement with scale above.	O	T	S
Personal mobility			
1. Able to ride a standard bicycle			
2. Able to balance on a skateboard, scooter, paddleboard, or other type mobile device			
3. Rides a bike or scooter on bike path, a quiet residential area, or in a park (limited distractions)			
4. Rides a bike or scooter on streets shared with regular vehicle traffic			
5. Plans a bike or scooter route to get to a destination and adapts the route as needed			
6. Crosses a busy street with a crosswalk using traffic signals			
7. Crosses streets with traffic where there are no crosswalks demonstrating attention to traffic and line of sight			
8. Drives farm equipment, ATVs, E-bikes and other motorized equipment on familiar paths after learning the process			
9. Drives farm equipment, ATVs, E-bikes and other motorized equipment in unfamiliar areas independently			
Public transportation			
10. Pays for fares (e.g., bus, ride shares) using cash, cards, or mobile apps			
11. Follows rules for riding on buses or train, taxis or ride shares with others			
12. Plans a trip using public transportation, ride share, or taxi considering time to and from a destination			
13. Independently hails and uses riding sharing such as taxis or ride shares			
Navigation, money, and time management			
14. Follows directions to an unfamiliar restroom, office, or classroom			
15. Navigates as a pedestrian to an unfamiliar place using maps, or map apps			
16. Gets to work or class on time.			
17. Accomplishes tasks and obligations in timely manner			
18. Manages money, savings and use of credit/debit card			
19. Budgets for purchases such as excursions, meals, or itmes (e.g. Movies, video games etc.) money management			
Shopping			
20. Physically manages shopping cart			
21. Using a list, can find items in a store while maneuvering a shopping cart			
22. Creates a shopping list			
23. When an item is not available in a store, chooses a reasonable substitute			
Comment: 			