



TURNING POINT FAMILY CARE
 PO BOX 789, WASHINGTON, UT. 84780
 VOX: 435.674.7421 FAX: 435.674.3175

SDS Activity Calendar

Ratings

0=Unacceptable 1=Unsatisfactory 2=Needs Improvement 3=Standard 4=Good 5=Excellent

Rate the clients response to SDS Goals and units spent (1 unit = 15 minutes)

YOUTH NAME: _____

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Please write the date:							
<u>Food</u>							
<u>Finance</u>							
<u>Mobility</u>							
<u>Independent Living Skills</u>							
<u>Interpersonal Skills</u>							
<u>Social Skills</u>							
<u>Appropriate Behavior</u>							
<u>Other</u>							
<u>Units Used (in units)</u>							

CATEGORIES

1. FOOD

- a. Food Planning Skills
- b. Menu Planning
- c. Food Shopping Skills
- d. Food Prep. Skills

2. FINANCES

- a. Budgeting Skills
- b. Saving Skills
- c. Money Management Skills

3. MOBILITY

- a. Making & Keeping Appointments
- b. Timeliness
- c. Appropriate Use of Transportation

4. INDEPENDENT LIVING SKILLS

- a. Personal Hygiene
- b. Grooming
- c. Maintenance of Living Area
- d. Time Management Skills

5. INTERPERSONAL SKILLS

- a. Decision Making Skills
- b. Problem Solving Skills
- c. Communication Skills
- d. Listening Skills
- e. Assertiveness Skills

6. SOCIAL SKILLS

- a. Basic Social Manners
- b. Conversational Language
- c. Plan Socially Acceptable Activities

7. APPROPRIATE BEHAVIORS

- a. Giving/Receiving Feedback
- b. Handling Frustrations
- c. Dealing with Authority
- d. Negotiation Skills
- e. Conflict Resolution Skills
- f. Proper Assertion of Rights
- g. Follow Medication Regimen