



The Casey Life Skills (CLS) is a multiple-choice questionnaire that measures independent living skills in several functional areas for young people. The CLS short form is a comprehensive 20 question assessment for youth ages 14-21 years. This assessment can be completed by youth and their supportive adults (e.g. caregivers, service providers, case workers, etc.) to understand the youth's skills. It is appropriate for brief screenings, research purposes or when there are serious time limitations.

The Casey Life Skills Toolkit, which includes the full suite of CLS Assessments, Practitioners Guide and Resources to Inspire Guide, is hosted at:

www.casey.org/casey-life-skills/

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Name _____

Birthdate (mm/dd/yyyy) _____

Gender Identity

- Female
- Male
- Female to Male
- Male to Female
- Non-binary
- Other _____

Sexual Orientation

- Gay/Lesbian
- Queer
- Bisexual
- Questioning
- Homosexual
- Same Gender Loving
- Heterosexual
- Prefer not to say
- Other _____

Preferred Pronoun

- She, Her, Hers
- He, Him, His
- Ze, Hir
- They, Them, Theirs
- Other _____

Race

- African American/Black
- American Indian/ Alaska Native
- Asian Indian
- Biracial
- Chinese
- Filipino
- Guamanian or Chamorro
- Japanese
- Korean
- Multiracial
- Native Hawaiian
- Other Asian
- Other Pacific Islander
- Samoan
- Vietnamese
- White
- Other _____



Latinx/Hispanic

- No, Not Hispanic, Latinx
- Yes, Mexican, Mexican American, Chicano
- Yes, Puerto Rican
- Yes, Cuban
- Yes, Salvadoran
- Yes, Dominican
- Yes, Guatemalan
- Yes, Colombians
- Yes, Honduran
- Yes, Ecuadorian
- Yes, Peruvian
- Yes, Other Hispanic Latino

Religious/ Spiritual Affiliation

- Christian
- Jewish
- Muslim
- Buddhist
- Hindu
- Baha'i
- Atheist
- Agnostic
- No religious/ Spiritual affiliation
- Other _____

Primary Language

- English
- Spanish
- French
- Chinese
- Japanese
- Russian
- Sign Language
- Other _____

Secondary Language

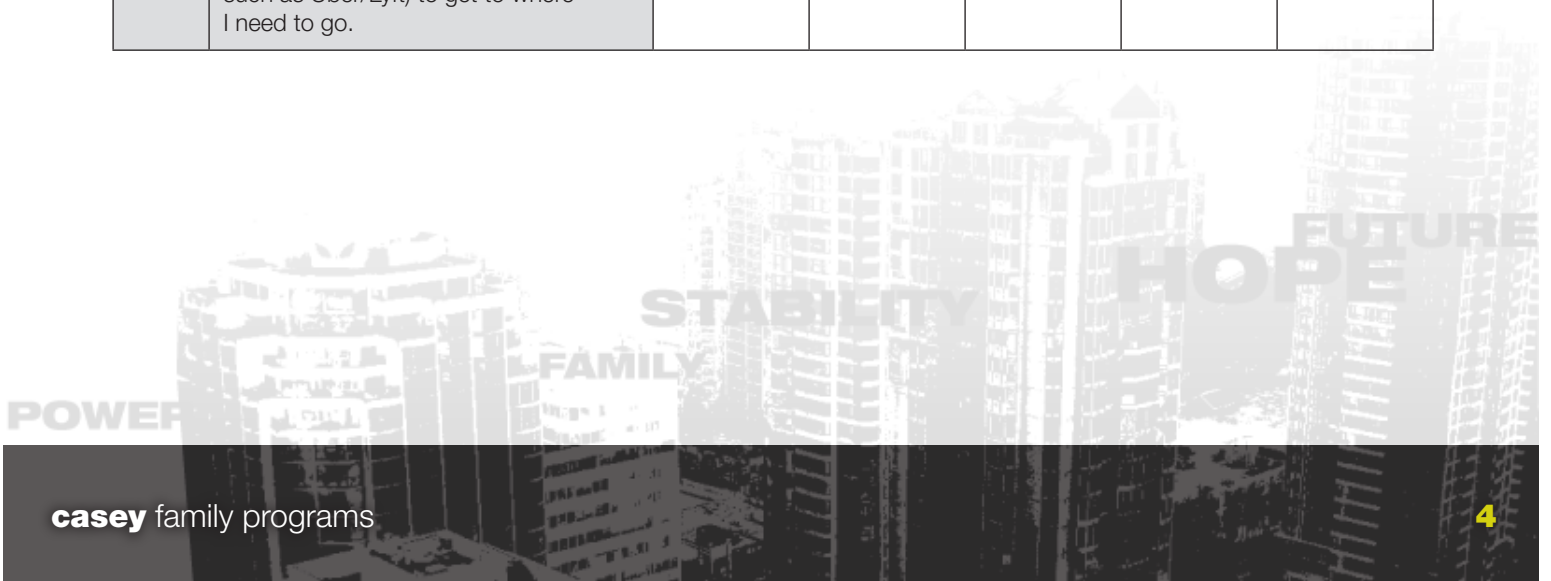
- English
- Spanish
- French
- Chinese
- Japanese
- Russian
- Sign Language
- Other _____

Do you have a documented disability?

- Yes
- No
- Prefer not to say



Are the following statements like me?		Yes	Mostly yes	Somewhat	Mostly no	No
1	I know how to access information on the internet safely.					
2	I understand why It is important to read and understand the food labels to see calories, serving size, fat, sugar, and salt for healthy eating.					
3	I know how to use a washer, dryer, and detergent to clean my clothes.					
4	I know how to positively manage my mental health when I am having a difficult day.					
5	I know where to get reliable information about safe sex and pregnancy.					
6	I know how to be respectful of people with different beliefs, opinions, and cultures.					
7	I know how to identify if my relationships show signs of any emotional, physical, and mental abuse.					
8	I understand how to use online banking to keep track of my money.					
9	I plan for bills and other expenses that I must pay for regularly (e.g., car and/or health insurance, cell phone, eating out, rent, video games).					
10	I know how to safely use public transportation (or rideshare services such as Uber/Lyft) to get to where I need to go.					



Are the following statements like me?		Yes	Mostly yes	Somewhat	Mostly no	No
11	I know who to ask to get documents I need for work (e.g., social security card, birth certificate, state ID, or work permit).					
12	I know how to use a planner, calendar, or phone to plan and keep track of important dates and assignments.					
13	I know how to use reliable online platforms to find information about job training opportunities.					
14	I know where to find advice about how to choose an education program.					
15	I know how to share my views on news and politics responsibly.					
16	I know how to research information to improve my own understanding of a topic.					
17	I know my permanency goal (e.g., adoption, guardianship, independence, and return to home).					
18	I understand if I am eligible for extended foster care in my state after I am 18 years old.					
19	I believe I have a support system that will help me succeed.					
20	Most days, I feel proud of the way I am leading my life.					

