

## The Essential for Living Quick Assessment (QA)

Learner: \_\_\_\_\_

Date: \_\_\_\_\_

| <b>THE ESSENTIAL EIGHT</b> |                                |                 |         |   |   |                |   |   |  |          |           |                           |                             |                       |   |                     |                  |
|----------------------------|--------------------------------|-----------------|---------|---|---|----------------|---|---|--|----------|-----------|---------------------------|-----------------------------|-----------------------|---|---------------------|------------------|
| 4                          | 4                              | 4               | 4       | 4   | 4   | 4              | 4                                       | 4   | 4  | 4        | 4         | 4                         | 4                           | 4                     | 4   |                     |                  |
| 3                          | 3                              | 3               | 3       | 3   | 3   | 3              | 3                                       | 3   | 3  | 3        | 3         | 3                         | 3                           | 3                     | 3   |                     |                  |
| 2                          | 2                              | 2               | 2       | 2   | 2   | 2              | 2                                       | 2   | 2  | 2        | 2         | 2                         | 2                           | 2                     | 2   |                     |                  |
| 1                          | 1                              | 1               | 1       | 1   | 1   | 1              | 1                                       | 1   | 1  | 1        | 1         | 1                         | 1                           | 1                     | 1   |                     |                  |
| Spoken Words               | Alternative Method of Speaking | Making Requests | Waiting | Accepting Removals, Making Transitions, Sharing, Taking Turns | Completing 10 Consecutive, Brief, Previously Acquired Tasks | Accepting 'No' | Following Directions: Health and Safety | Completing Daily Living Skills: Health and Safety | Tolerating Situations: Health and Safety | Matching | Imitation | Other Daily Living Skills | Tolerating Other Situations | Naming and Describing | Following Directions, Recognizing, Retrieving | Answering Questions | Problem Behavior |

**Spoken Words:** the extent to which a learner exhibits spontaneous, understandable spoken words and the conditions under which spoken-word repetitions occur

- 4 Exhibits many spontaneous, spoken-words, nearly typical spoken-word interactions, and spoken-word repetitions when asked to do so, all of which are understandable **6. MS (Methods of Speaking)-(Vocal) Profile 1**
- 3 Exhibits a few spontaneous spoken words and spoken-word repetitions, both of which are understandable **6. MS (Methods of Speaking)-(Vocal) Profiles 2/3**
- 2 Exhibits occasional words or spoken-word repetitions, but neither are understandable **6. MS (Methods of Speaking)-(Vocal) Profiles 4/5**
- 1 Exhibits only noises and a few sounds **6. MS (Methods of Speaking)-(Vocal) Profile 6**

**Alternative Method of Speaking:** a method of speaking used by learners, who do not exhibit understandable spoken words or spoken-word repetitions

- 4 Has been using an effective, alternative method of speaking for more than 6 months
- 3 Has been using an effective, alternative method of speaking for 1-6 months
- 2 A new alternative method of speaking is being tested **6. MS (Methods of Speaking)-Tables 15,16**
- 1 Has no formal method of speaking or is using one or more ineffective methods **6. MS (Methods of Speaking)-AMS (Alternative Methods of Speaking) 1-46**

----- **The Essential Eight** -----

**One. Making Requests** – the tendency to make requests for highly preferred items and activities

- 4 Makes requests for 10 or more preferred items or activities without prompts using an effective method of speaking **7a. Domain 1. R14, R17-21, R22-24, R27-28, R30-31**
- 3 Makes requests for 1-3 preferred items or activities with or without prompts **7a. Domain 1. R7-8**
- 2 Makes requests by leading others to items **7a. Domain 1. R1-5, R6, R7-8**
- 1 Makes requests by exhibiting problem behavior **7a. Domain 1. R1-5, R6, R7-8**

**Two. Waiting** -- the tendency to wait when access to items or activities is delayed after a request

- 4 Waits for 20 minutes without complaints
- 3 Waits for 5 minutes without complaints **7a. Domain 1. R9**
- 2 Waits for 1 minute with complaints or other minor disruptions **7a. Domain 1. R9**
- 1 Exhibits problem behavior when access is delayed for a few seconds **7a. Domain 1. R9**

**Three. Accepting Removals, Making Transitions, Sharing, and Taking Turns** -- the tendency to accept the removal of preferred items and activities by persons in authority or peers, to make transitions from preferred activities to non-preferred ones, and to share and take turns with preferred ones

- 4 Accepts the removal of items and activities, transitions, shares, and takes turns without complaints
- 3 Complains when preferred items or activities are removed, during transitions, or when required to share or take turns, but only when motivating events are strong **7a. Domain 1. R10, R12-13**
- 2 Makes complaints when preferred items or activities are removed, during transitions, or during required sharing or taking turns **7a. Domain 1. R10, R12-13**
- 1 Exhibits problem behavior when preferred items or activities are removed, during transitions, or during required sharing or taking turns **7a. Domain 1. R10, R12-13**

- Four. Completing 10 Consecutive, Brief, Previously Acquired Tasks** – the tendency to complete previously acquired tasks when directed to do so between opportunities to make requests
- 4 Completes 10 or more consecutive, brief, previously acquired tasks of varying durations and requiring varying degrees of effort without complaints
  - 3 Completes 4-6 consecutive, brief, previously acquired tasks without complaints **7a. Domain 1. R11**
  - 2 Completes 1-3 consecutive, brief, previously acquired tasks without disruptive behavior **7a. Domain 1. R11**
  - 1 Exhibits problem behavior when directed to complete a brief, previously acquired task **7a. Domain 1. R11**
- Five. Accepting 'No'** - the tendency to accept 'no' when access to items or activities is denied following requests that were taught and requests for dangerous items and activities that were not taught
- 4 Readily accepts "no" by continuing with ongoing activities
  - 3 Complains when motivating events are strong **7a. Domain 1. R15-16**
  - 2 Complains when told "no" **7a. Domain 1. R15-16**
  - 1 Exhibits problem behavior when told no **7a. Domain 1. R15-16**
- Six. Following Directions Related to Health and Safety** – the tendency to follow directions from others that insure safety and that permit safe movement throughout the community
- 4 Follows all directions that involve matters of health and safety and can be taken anywhere with minimal supervision
  - 3 Follows many directions related to safety and can be taken most places in a group of three with one supervisor **7b. Domain 2. LR1-11**
  - 2 Follows only a few directions and requires "hands on" supervision at all times **7b. Domain 2. LR1-11**
  - 1 Does not follow any directions that involve matters of safety and cannot be taken most places within the community without problem behavior or risking safety **7b. Domain 2. LR1-11**
- Seven. Completing Daily Living Skills Related to Health and Safety** – the tendency to perform daily living skills which have an immediate impact on the health and safety of the learner
- 4 Completes most daily living skills related to health and safety
  - 3 Completes 4-6 daily living skills related to health and safety **8a. Domain 4. DLS-EDF1-9, Slp1-2, MT1-5, AHS1-15, HS1-8**
  - 2 Completes 1-3 daily living skills related to health and safety with complaints, some resistance to prompts, or some problem behavior **8a. Domain 4. DLS-EDF1-9, Slp1-2, MT1-5, AHS1-15, HS1-8**
  - 1 Does not complete any daily living skills related to health and safety without prompts, resistance to prompts, or problem behavior **8a. Domain 4. DLS-EDF1-9, Slp1-2, MT1-5, AHS1-15, HS1-8**
- Eight. Tolerating Situations Related to Health and Safety** – the tendency to tolerate unpleasant situations which have an immediate impact on the health and safety of the learner
- 4 Tolerates most routine activities related to health and safety without problem behavior
  - 3 Tolerates 4-6 routine activities related to health and safety **9. Domain 6. T-BH11-5, T-EDF1-11, T-DM1-9, T-Slp1-5, T-Toil1-5, T-PRM1-6, T-PTA1-11, T-PEMR1-10, T-BPH1-8, T-DD1**
  - 2 Tolerates 1-3 routine activities related to health and safety with some complaints or problem behavior **9. Domain 6. T-BH11-5, T-EDF1-11, T-DM1-9, T-Slp1-5, T-Toil1-5, T-PRM1-6, T-PTA1-11, T-PEMR1-10, T-BPH1-8, T-DD1**
  - 1 Because of intense episodes of problem behavior, instructors and care providers occasionally avoid routine activities related to health and safety **9. Domain 6. T-BH11-5, T-EDF1-11, T-DM1-9, T-Slp1-5, T-Toil1-5, T-PRM1-6, T-PTA1-11, T-PEMR1-10, T-BPH1-8, T-DD1**

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**Matching:** the tendency to match items-to-items, photographs-to-items, and text-to-items

- 4 Matches photographs or miniature items, but not text, with items or activities and vice versa **11. Domain 7. M12-13**
- 3 Matches a few photographs or miniature items with items or activities and vice versa **11. Domain 7. M6-11**
- 2 Matches only identical items **11. Domain 7. M2-11**
- 1 Does not match identical items **11. Domain 7. M1**

**Imitation:** the tendency to imitate motor movements made by others

- 4 Imitates finger, hand, and arm movements and motor movements with items, but does not copy words that have been written, typed, or Braille-written **11. Domain 7. Im3**
- 3 Imitates many finger, hand, arm movements and a few motor movements with items **11. Domain 7. Im2**
- 2 Imitates some finger, hand, arm movements, but not motor movements with items **11. Domain 7. Im1-2**
- 1 Does not imitate any movements **11. Domain 7. Im1**

**Other Daily Living Skills:** the tendency to perform daily living skills that do not have an immediate impact on the health and safety of the learner

- 4 Completes most daily living skills not related to health and safety
- 3 Completes 4-6 daily living skills not related to health and safety **8a. Domain 4. DLS-\_\_\_**
- 2 Completes 1-3 daily living skills not related to health and safety with complaints, some resistance to prompts, or some problem behavior **8a. Domain 4. DLS-\_\_\_**
- 1 Does not complete any daily living skills not related to health and safety without prompts, resistance to prompts, or problem behavior **8a. Domain 4. DLS-\_\_\_**

**Tolerating Other Situations:** the tendency to tolerate unpleasant situations which do not have an immediate impact on the health and safety of the learner

- 4 Tolerates most routine activities not related to health and safety without problem behavior
- 3 Tolerates 4-6 routine activities not related to health and safety **9. Domain 6. T-\_\_\_**
- 2 Tolerates 1-3 routine activities not related to health and safety with some complaints or problem behavior **9. Domain 6. T-\_\_\_**
- 1 Because of intense episodes of problem behavior, instructors and care providers occasionally avoid routine activities not related to health and safety **9. Domain 6. T-\_\_\_**

**Naming and Describing:** the tendency to name and describe items, activities, people, places, locations, and items with features that are part of routine events

- 4 Names or describes many items, activities, familiar people, places, locations, and items with features that are part of 7 or more routine events **7b. Domain 2. LRND11-13 or LRND14-15**
- 3 Names many items, activities, familiar people, and places that are part of 4-6 routine events **7b. Domain 2. LRND7-13**
- 2 Names some items and activities that are part of 1-3 routine events **7b. Domain 2. LRND1-3.1, 1-3.2, 1-3.3**
- 1 Does not exhibit any names or descriptions **7b. Domain 2. LRND1-3.1, 1-3.2, 1-3.3**

**Following Directions, Recognizing, and Retrieving:** the tendency to follow directions, to recognize items, activities, people, places, locations, and items with features, and to retrieve items, people, and items with features that are part of routine events

- 4 Recognizes and retrieves many items, activities, familiar people, places, locations, and items with features that are part of 7 or more routine events **7b. Domain 2. LRND11-13 or LRND14-15**
- 3 Recognizes and retrieves many items, activities, familiar people, and places that are part of 4-6 routine events **7b. Domain 2. LRND7-13**
- 2 Follows directions to complete routine activities, and recognizes and retrieves some items that are part of 1-3 routine events **7b. Domain 2. LRND1-3.1, 1-3.2, 1-3.3**
- 1 Does not follow directions to complete routine activities and does not recognize or retrieve any item that is part of a routine activity **7b. Domain 2. LR1-11, LR12-17, LRND1-3.1, 1-3.2, 1-3.3**

**Answering Questions:** the tendency to answer questions that occur before, during, or after routine events

- 4 Answers many questions like "What are you going to do after lunch?", "Where did you put your blue pants?", and "Who is driving you to the movies?" that are a part of 7 or more routine events **7c. Domain 3. AQ11-13 or AQ14-15**
- 3 Answers many questions like "Where are the napkins?", "Who is that?", "What are you going to do?", "What are you going to get at the mall?", "Who is helping you?", "Where are you going?", and "When do you want your cigar?" that are a part of 4-6 routine events **7c. Domain 3. AQ7-13**
- 2 Answers some questions like "Do you want juice?", "Can you help me?", "What do you want?", or "Which one do you want?" that are part of 1-3 routine events **7c. Domain 3. AQ1-3.1, 1-3.2, 1-3.3**
- 1 Cannot answer any commonly occurring questions **7c. Domain 3. AQ1-3.1, 1-3.2, 1-3.3**

**Problem Behavior:** the tendency to exhibit problem behavior

- 4 Does not exhibit problem behavior
- 3 Exhibits disruptive behavior or frequent complaining that presents a problem **10. Problem Behavior Domain**
- 2 Exhibits infrequent and less intense self-injurious, aggressive, or destructive behavior **10. Problem Behavior Domain**
- 1 Exhibits frequent and intense self-injurious, aggressive, or destructive behavior **10. Problem Behavior Domain**

**Possible Skills Deficits**

[suggested by Activity 1, the *Essential for Living Quick Assessment*]

Learner: \_\_\_\_\_

Date: \_\_\_\_\_

| Skill Domain | Possible Skill Deficits |
|--------------|-------------------------|
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**Skills Selected for Instruction**

[from *Essential for Living*]

| Skill Number | Skill Description |
|--------------|-------------------|
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**Problem Behaviors**

| Problem Behavior | Missing Skill(s) |
|------------------|------------------|
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|                  |                  |

## **Essential for Living: My Notes**

(a place for even more of my notes)

The **ESSENTIAL**  
**FOR**  
**LIVING** Speaker Initiative

There are many thousands of children and adults  
with moderate-to-severe disabilities and

**No Effective Method of Speaking**

As a direct result, many of these individuals exhibit problem behavior,  
which limits their participation in community activities

The goal of 'The Essential for Living Speaker Initiative' is to provide a method of speaking for  
as many of these children and adults as possible and to expand their speaking repertoires  
to include requests for a wide variety of preferred items and activities.

To accomplish this goal, we need to...

- 1- **Identify** these children and adults one at a time,
- 2- **Select** a method of speaking for each of them, and
- 3- **Teach** each one of them to make requests for their most preferred items and activities.

Essential for Living will help you accomplish these goals and become part of this initiative.

[www.essentialforliving.com](http://www.essentialforliving.com)