

CATHOLIC CHARITIES ADULT MENTAL HEALTH SERVICES

CSS FUNCTIONAL ASSESSMENT WORKSHEET

Individual's Name: _____

A. SELF CARE

- ☐ Needs assistance in maintaining personal hygiene.
- ☐ Needs assistance in gathering information regarding proper health care.
- ☐ Puts self at continual risk of injury.
- ☐ Needs assistance in securing proper health care, or complying with prescriptions or other medical procedures.
- ☐ Needs assistance in learning about medication and its administration.
- ☐ Needs assistance in learning about and maintaining proper nutrition.

B. SOCIAL FUNCTIONING

- ☐ Lacks the skills to effectively appropriately communicate with family and friends.
- ☐ Does not respond appropriately to individuals in authority.
- ☐ Repeatedly violates rules at home, work or school.
- ☐ Is not fully aware of the array of legal rights available, including Constitutional and relevant resident tenant rights.
- ☐ Does not willingly participate in social or recreational activities.
- ☐ Does not organize group activities with friends.
- ☐ Needs assistance in forming contact with potential friends or interacting with strangers.
- ☐ Needs assistance in confronting criticism or other stressful situations.

C. ACTIVITIES OF DAILY LIVING

- ☐ Needs assistance in utilizing public transportation on familiar or unfamiliar routes.
- ☐ Needs assistance with basic housekeeping chores.
- ☐ Needs assistance with day-to-day meal planning and preparation.
- ☐ Needs assistance in day-to-day self-administration of medication.
- ☐ Needs assistance with day-to-day money management.
- ☐ Needs assistance in fully accessing community resources, i.e. senior citizen services, libraries, recreational facilities, etc.
- ☐ Needs assistance in developing and maintaining social and recreational activities outside the home.

D. ECONOMIC SELF-SUFFICIENCY

- ☐ Lacks adequate literacy skills necessary to obtain self-sufficiency.
- ☐ Needs assistance from others to obtain or retain entitlements, i.e. SSI, Food Stamps, etc.
- ☐ Is not fully employed or is underemployed.
- ☐ Needs assistance in budgeting and paying for recurring monthly expenses. Occasionally runs out of money before the end of the month.
- ☐ Needs assistance in finding appropriate and affordable housing.
- ☐ Lacks the vocational skills and/or education to obtain self-sufficiency.

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E. SELF-DIRECTION

- ☐ Needs assistance in making own appointments for doctors, services, etc.
- ☐ Needs assistance in advocating for one's own interest with landlords, homeowners and/or service providers, doctors.
- ☐ Needs assistance in establishing and maintaining personal goals.
- ☐ Needs assistance in organizing and scheduling personal activities.
- ☐ Needs assistance in taking initiative / seeking others for assistance with problems.
- ☐ Needs assistance in using the phone for personal or business needs.

F. ABILITY TO CONCENTRATE

- ☐ Medication and/or mental illness interferes with the person's ability to focus or concentrate.
- ☐ Needs assistance in completing tasks and following through on personal goals and social activities.
- ☐ Lacks stability and proper support groups in his/her environment, which would otherwise enforce clear thinking and concentration.
- ☐ Lacks adequate literacy skills, which subsequently interfere with his/her ability to concentrate.

Individual's Name

Staff Signature

Date