1. Getting hygiene items

Do you have access to shampoo, soap, deodorant, toothpaste, and a toothbrush?

Do you feel that you have enough choice in your supplies?

How often do you run out of any hygiene items?

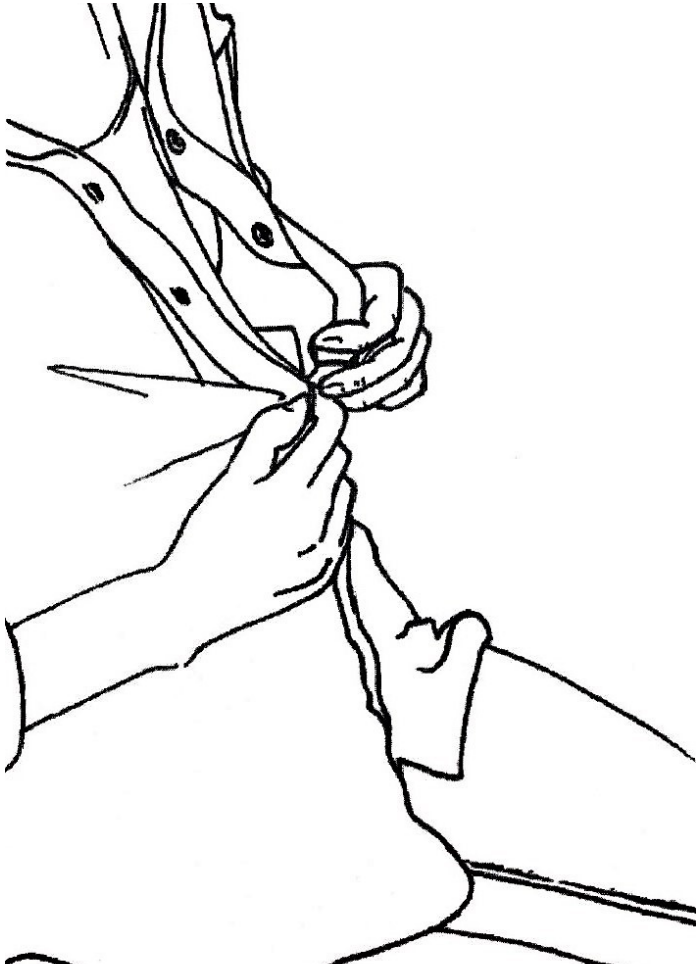
2. Going to the beauty/ barber shop

2

How often do you go?

Is this a source of social support for you?

Do you budget for your trip to the beauty shop/barbershop?



3. Getting dressed

3

How often do you change your clothes?

Do you have any trouble getting dressed by yourself?

Where do you keep your clothes that you aren't wearing?

4. Taking care of myself & my hygiene

What does your hygiene routine look like?

How often do you complete your hygiene routine?

Do you have a safe and consistent place to shower, bathe, and use the bathroom?

Do you have trouble with bugs?

Do you consistently brush your teeth and/or complete oral care?

5. Eating

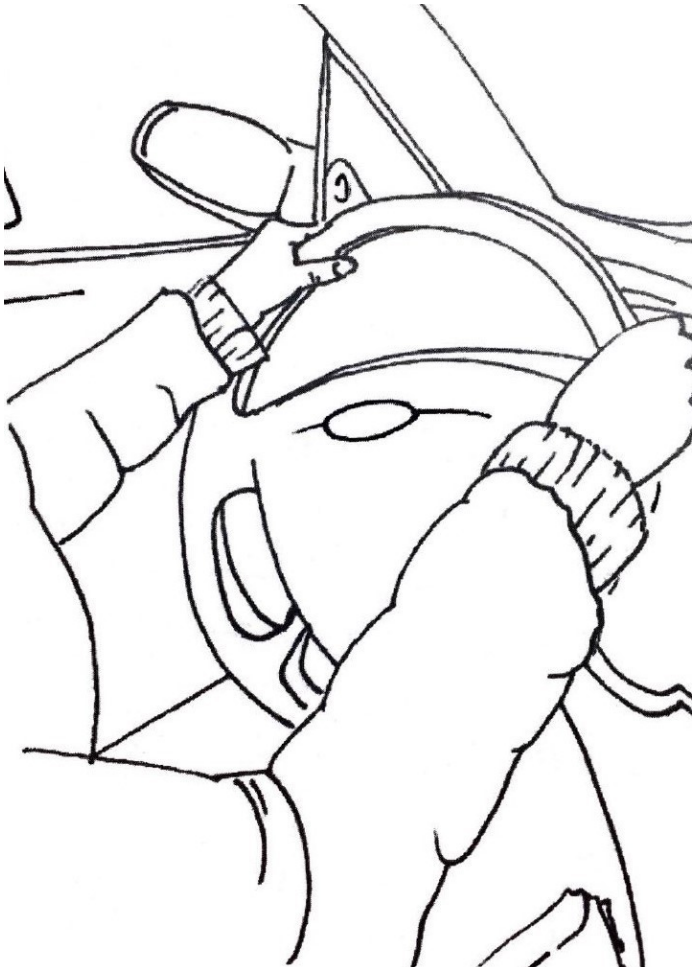
5

Do you have access to foods you need to follow a special diet given by your doctor (i.e. low salt, low sugar, low fat, etc.)?

What kinds of foods are you eating?

Do you have any physical trouble with eating?

Do you eat regularly?



6. Driving

6

Do you have your own car or bike?

How do you maintain your car or bike?

Do you budget for gas?

Are you able to store your transportation safely?

7. Managing mail

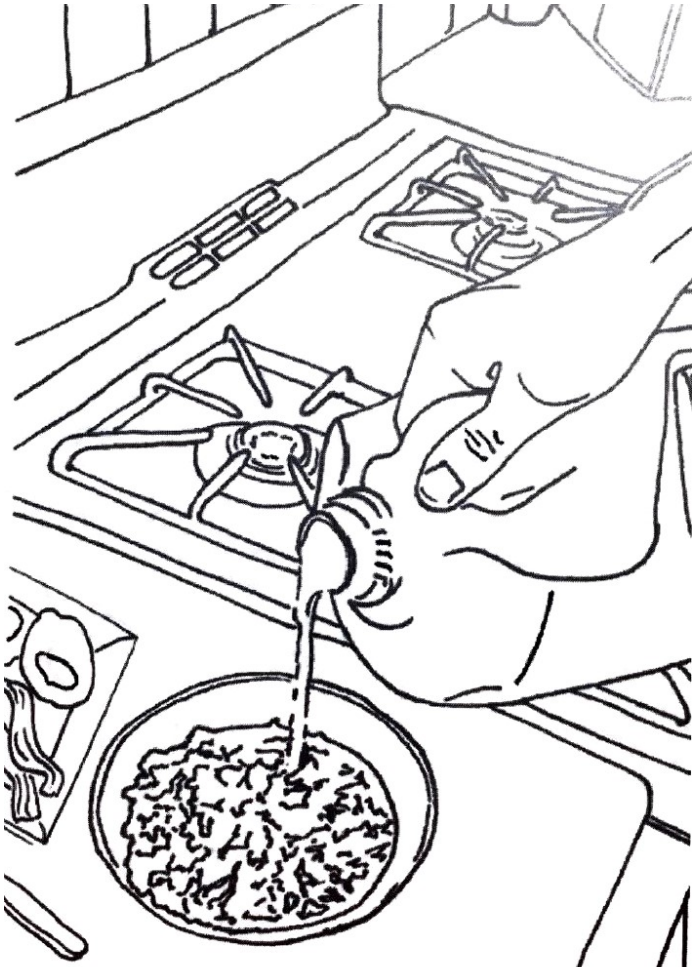
7

How do you gather your mail?

How do you know what mail is important and what mail is not?

Who sends you mail?

Do you know how to update your address?



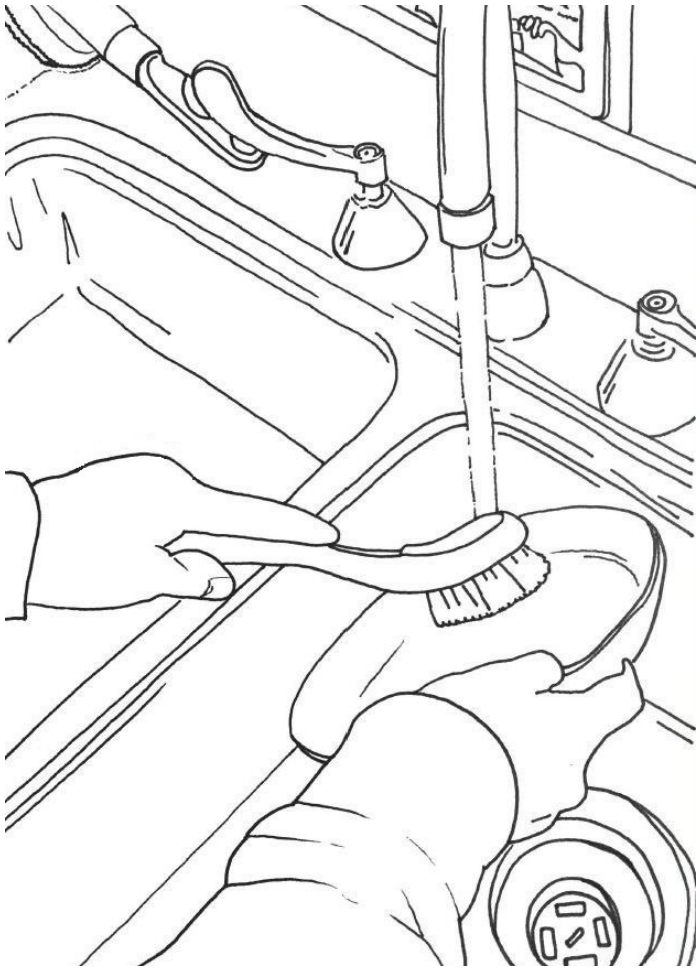
8. Making something to eat

8

How often do you make your own meals?

How often do you use a stove or oven to cook?

What is the most common meal you make?



9. Washing dishes

9

How often do you wash the dishes?

Do you have access to soap and clean water to wash dishes?

10. Going to the store

How often do you go to the store?

Where do you like to shop?

How do you get to the store when you need to?

Do you visit stores without buying anything (window shopping)?

11. Getting food and drink

11

How much money do you spend on food?

Where do you get food and beverage?

How often do you eat at a restaurant?

12. Taking out the trash

12

Do you have a place to collect your trash?

Where do you take your trash?

Do you have trouble getting rid of items?

13. Keeping my living space clean

13

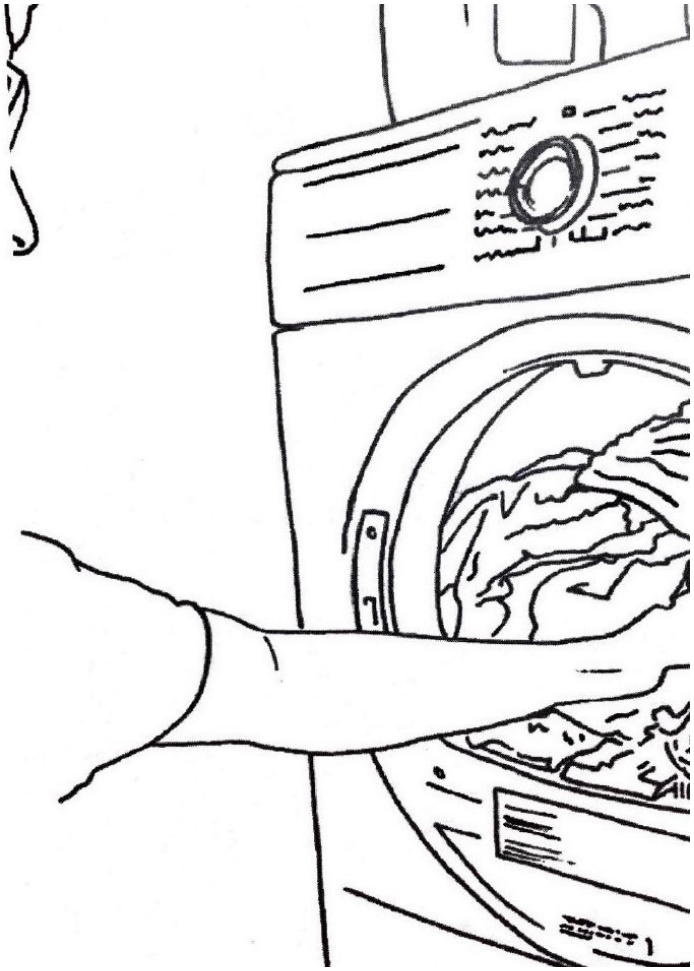
Do you have the ability/means to fix things if they break?

What cleaning supplies do you use?

How often do you clean your living space?

How do you manage pests (e.g. lice, rats, tics, bedbugs)?

Are you responsible for outdoor maintenance?

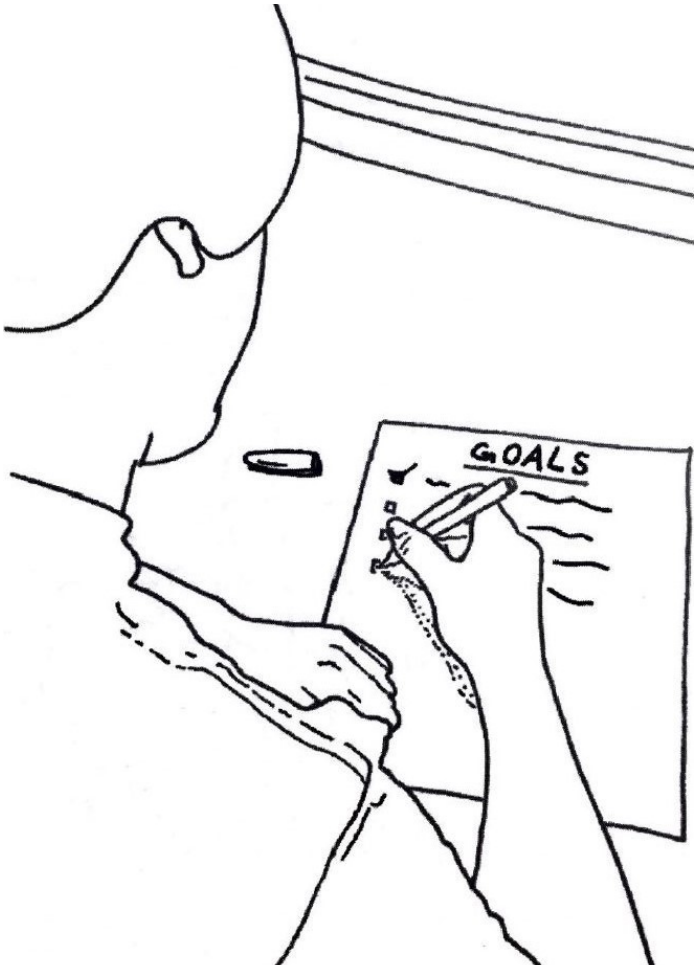


14. Doing laundry

How often do you wash your clothes?

Where do you wash your clothes (e.g. washing machine, by hand)?

Do you have access to laundry detergent and stain remover?



15. Setting goals

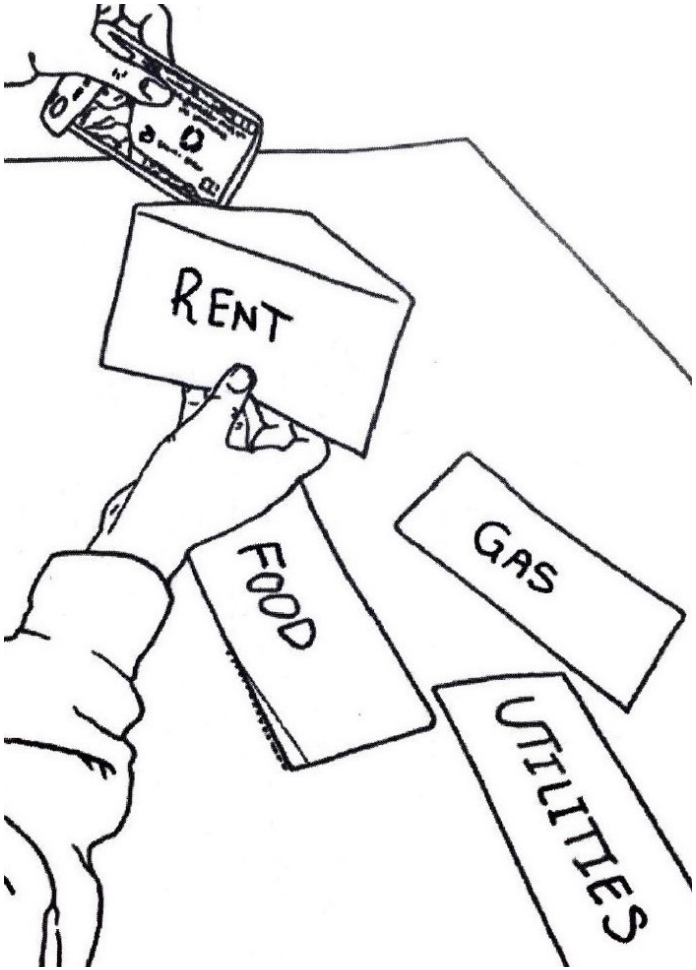
15

How do you set personal goals?

What goals are you currently working towards?

Do you write down your ideas for the future?

What steps have you taken towards pursuing your goals?



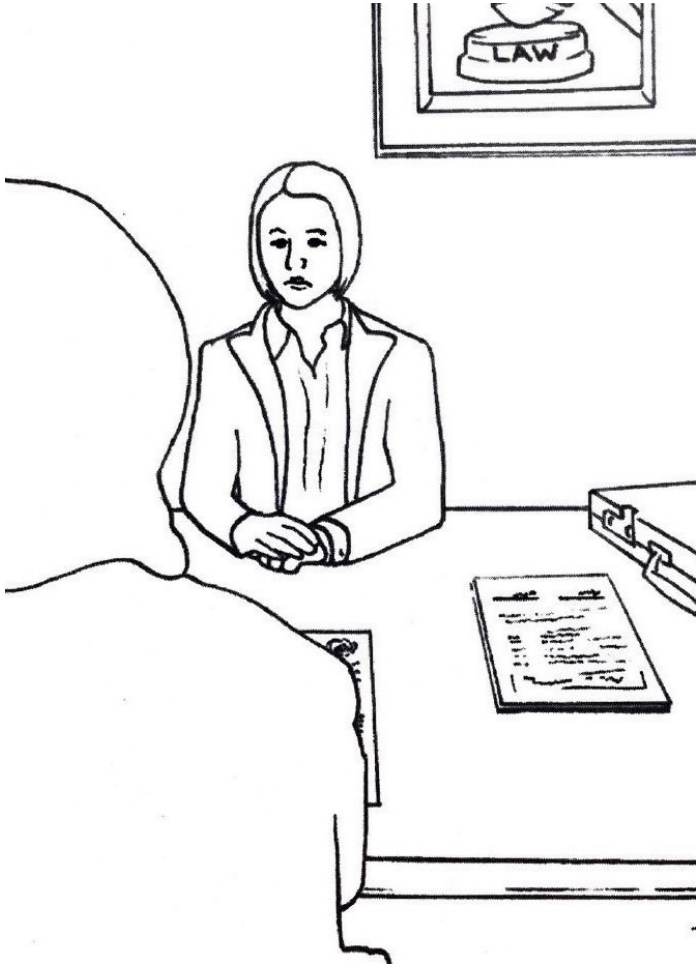
16. Taking care of my money

Are you able to pay bills you owe?

Do you have money leftover at the end of the month?

Do you use a budget?

How do you keep your money safe?



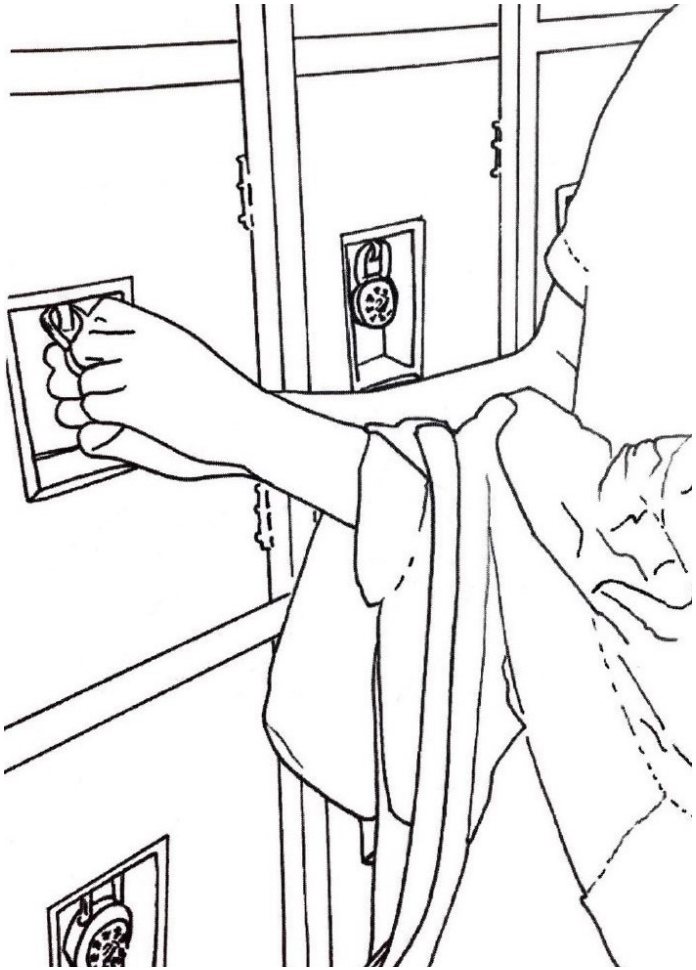
17. Dealing with legal issues

17

Are you required to complete community service?

Do you feel comfortable talking to law enforcement or your PO when you have a problem?

How do you prepare for court dates?



18. Protecting my things

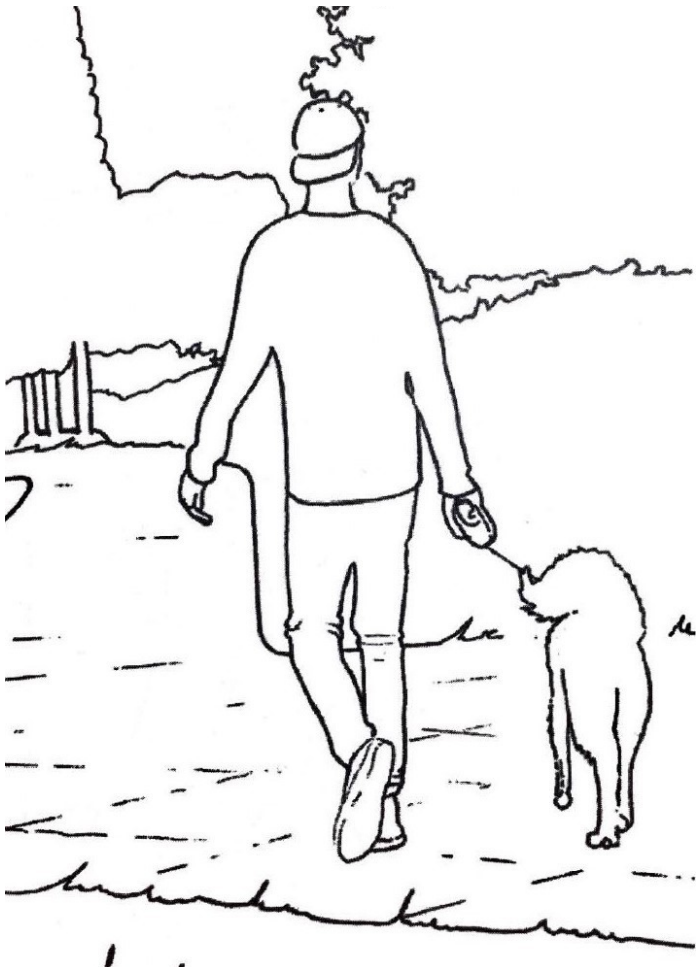
How do you protect yourself or your things?

Do you have access to a locked space?

How do you carry things?

Do you collect anything?

Does your collection make it harder for you to use your space?



19. Taking care of a pet

19

What pets do you care for?

Do you have trouble accessing pet food and supplies?

What do you do to care for your pets?

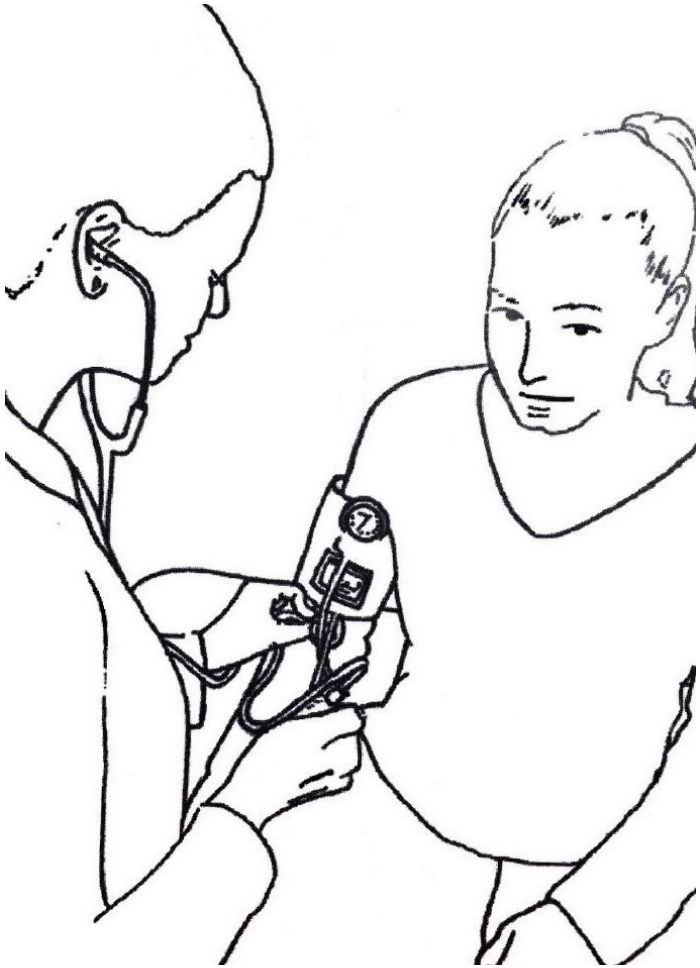
20. Using public transit

How do you get your tickets?

What service do you use (e.g. bus, train, trolley)?

How do you plan your route?

What places do you use public transportation to travel to?



21. Going to health appointments

21

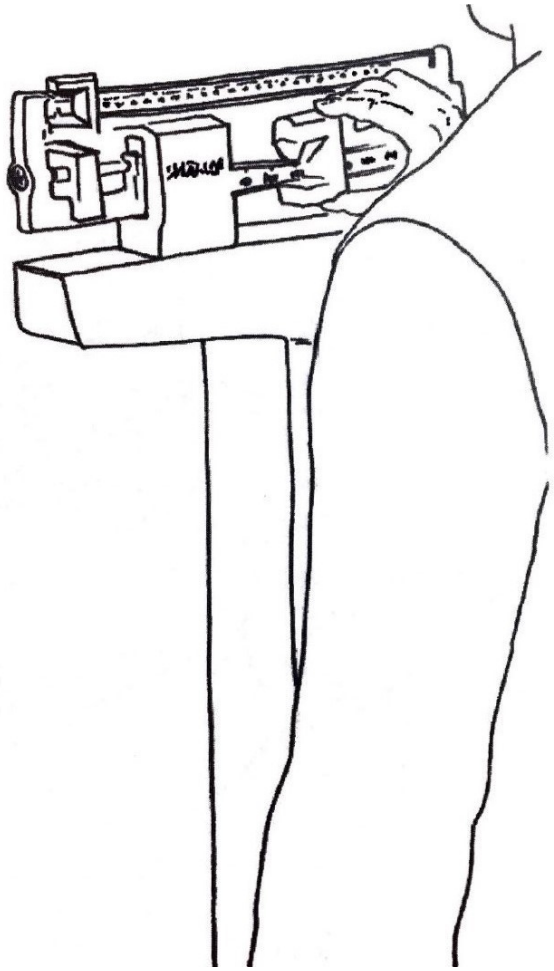
How do you schedule appointments?

What health appointments do you go to (e.g. doctor, women's wellness, therapy, psychiatrist, counselor)?

Where do you receive health services (e.g. community clinic)?

Do you miss appointments?

What strategies do you use to remember appointments?



22. Keeping myself healthy

22

When you are sick, how do you care for yourself?

Are you trying to lose of gain weight?

Are you trying to follow a diet given by your doctor (e.g. low salt, low sugar)?

What chronic conditions do you manage?

How do you access supplies for managing your condition?

23. Going to the ER

Have you been hospitalized overnight?

How often do you go to the emergency room?

What difficulties do you have with completing paperwork and following up after receiving medical bills?

24. Managing medications

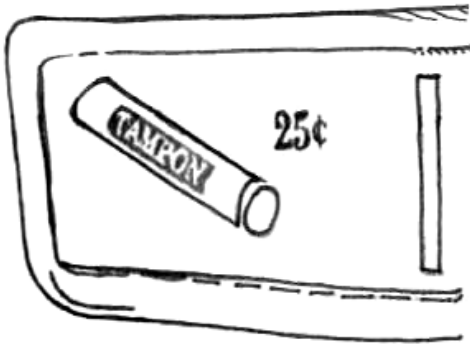
24

What is your medication schedule?

How do you organize your medications?

Are all of your prescriptions up to date?

Where do you fill your prescriptions?



25. Taking care of feminine hygiene

Do you have access to pads/ tampons?

Do you have trouble managing your period?

Have you experienced symptoms before or during your period that prevent you from participating in everyday activities?

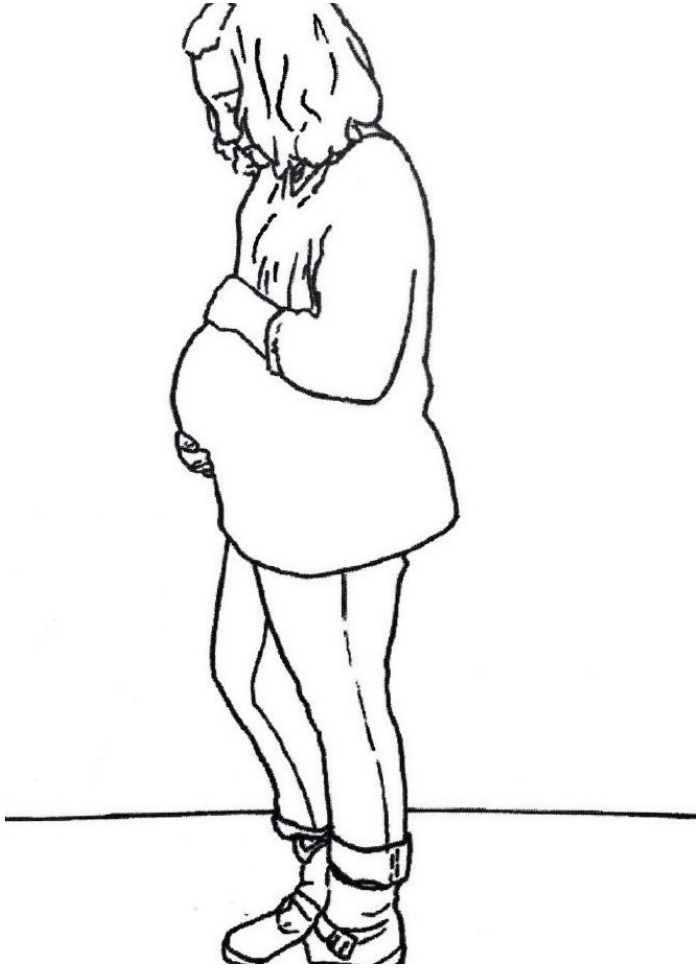
26. Preventing pregnancy and infection

26

Are you actively trying to prevent pregnancy or STIs?

What method do you use to prevent pregnancy or STIs?

Do you need any resources to prevent pregnancy or STIs?



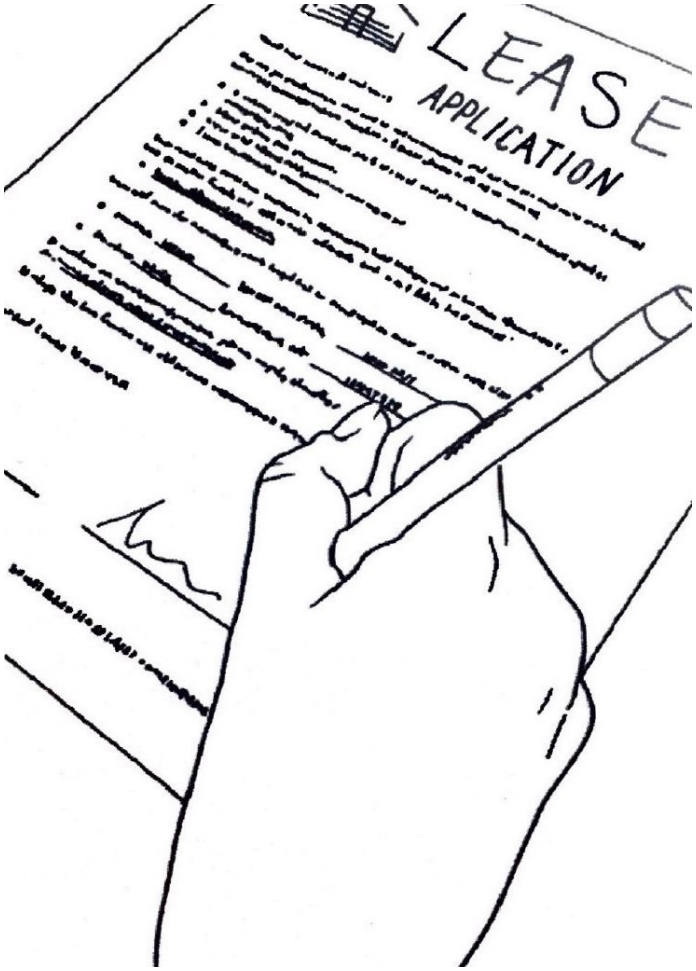
27. Managing pregnancy

27

Do you have regular prenatal appointments?

What are you doing to prepare for the baby?

Do you have any concerns about your prenatal care?



28. Finding housing

28

Have you applied for housing assistance?

Have you filled out a housing application?

How do you find a place to sleep at night?

Are you doubled up (2+ families in one house) or living with several people?

29. Sleeping

29

Where do you sleep?

Do you feel safe where you sleep?

Do you have difficulty falling asleep or staying asleep?

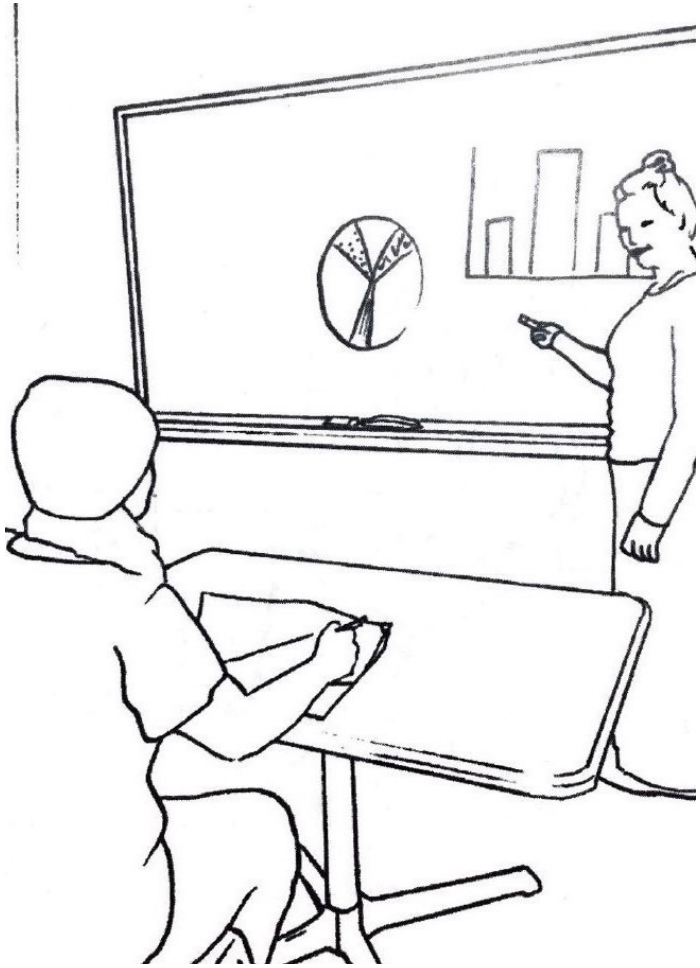
Do you ever use cars, other people's homes, or hotels for temporary shelter?

30. Applying for school

What do you hope to study?

Where would you like to apply?

What does the application require?



31. Attending school/ classes

31

What degree or certification are you working toward?

Are you struggling with anything at school?

How do you stay organized?

How do you study for exams?

32. Looking for jobs

How do you prepare your application?

Are you happy with the type of jobs you are applying for?

How do you search for jobs?

How do you prepare for interviews?

33. Working for pay/ volunteering

33

Do you work part-time or full-time?

Are you in a work program?

Are you happy with the amount and type of work you are doing?

Do you volunteer/what do you do?

Do you find your work or volunteering meaningful?

Do you have connections with others who volunteer?

34. Getting money

34

Examples: work, panhandling, receiving donations, bottle/can collecting, searching through trash, sex work, etc.

What do you do to get money?

35. Stealing

35

How often do you steal?

What motivates you to steal?

Are you interested in finding alternatives to obtaining money/things?

36. Using or misusing drugs

36

What kind of drugs are you using?

How do you get drugs?

Are you safe when you use (e.g. safe area, clean needles)?

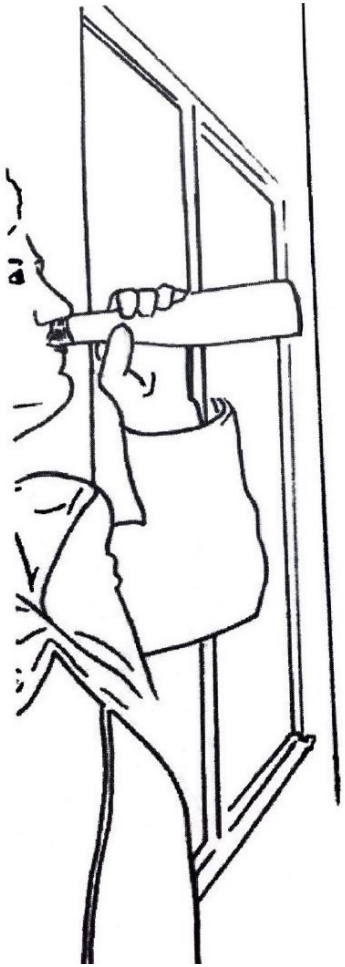
Are you satisfied with the type and amount of drugs you use?

Are you aware of how much is too much for you?

Does you usage stop you from doing what you need to do?

Are there others with you when you use?

Do you budget for the cost?



37. Drinking alcohol

37

Are you satisfied with the type and amount of alcohol you use?

Does drinking impact other areas of your life?

How often do you drink?

Do you drink to get drunk?

Do you plan for the cost of alcohol in your budget?

38. Overcoming addiction

38

Including addictions such as: drug, alcohol, smoking, sex, pornography, technology, and other activities that have become compulsory.

What steps have you taken so far to overcome your addiction?

What motivates you to make changes to address your addiction?

What makes it challenging to overcome your addiction?

39. Finding drugs/

alcohol

39

How do you find/get alcohol or drugs?

How much time do you spend searching for drugs/alcohol?

What other activities are affected by the amount of time you spend searching for drugs/alcohol?

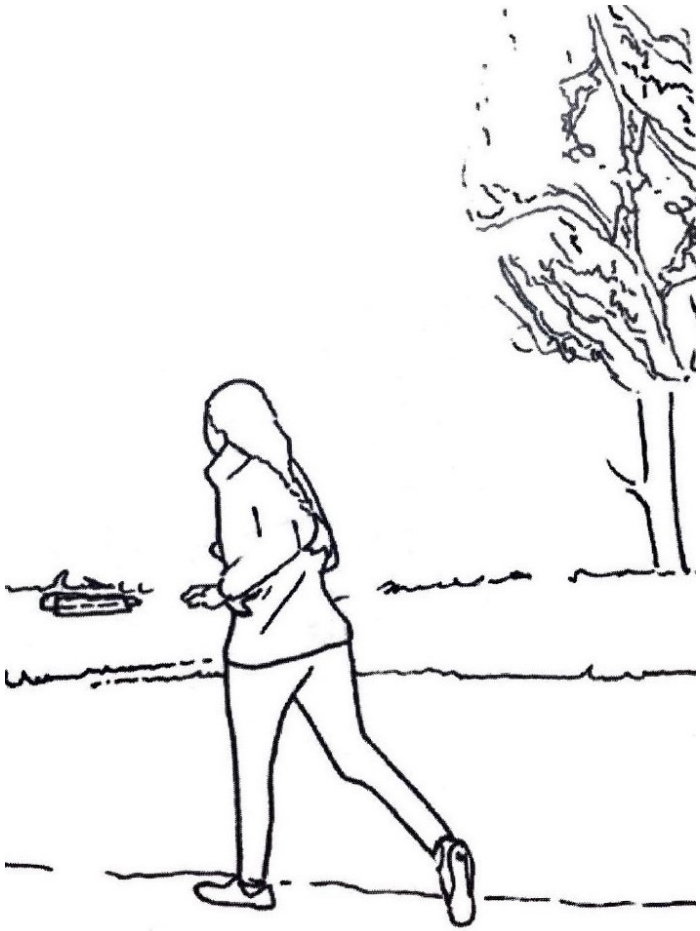
40. Smoking cigarettes

40

Are you happy with your current smoking habits?

Does you workplace accommodate your need to smoke?

How much does your smoking impact your finances?



41. Exercising

41

How do you exercise?

How often do you exercise?

Do you prefer to exercise alone or with others?

What prevents you from exercising?

42. Biking

42

Do you have a bike of your own?

Where do you bike?

Do you have a helmet?

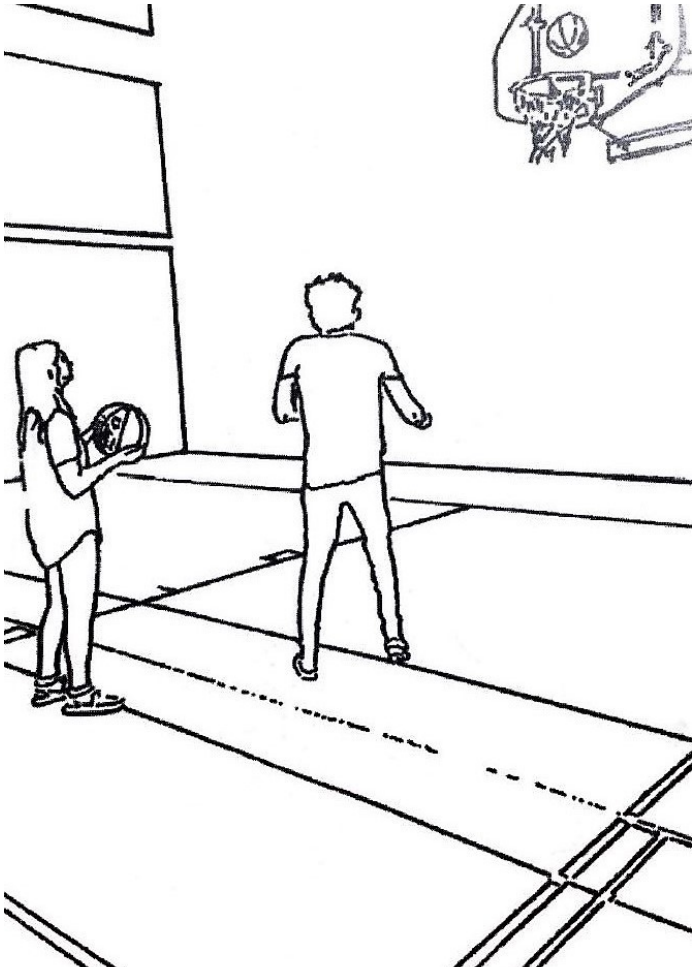
What do you do when there is something wrong with your bike?

43. Dancing

Where do you dance?

Do you dance with others?

Do you have any physical limitations while dancing?



44. Playing sports

44

What sports do you like to play?

Do you have access to the equipment you need?

Do you have space to play?

Do you have people to play with?

45. Spending time outside

45

Where do you spend time?

What do you like to do outside?

Do you have things to protect you from the weather (e.g. sunscreen, bug spray, warm clothing, rain protection)?

Do you usually have a destination in mind?

Do you see people you know when you walk around?

What prevents you from spending time outside?

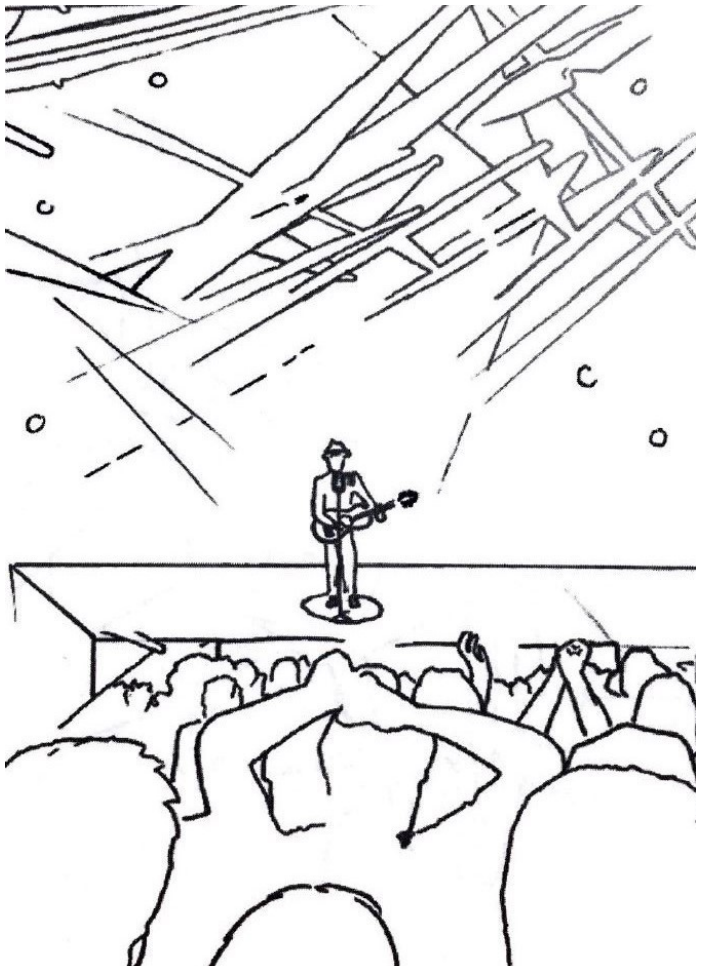
46. Gardening

46

Where do you garden?

Do you have the supplies you need to garden?

What keeps you from gardening as much as you would like?



47. Going to public events

47

How much money do you spend on events?

How do you find out about events?

Do you have people you go to events with?

How do you get to events?

Do you find it challenging to be in a large group of people?

48. Journaling

How often do you journal?

Do you have a safe place to keep your journal?

What motivates you to write in your journal?

What prevents you from journaling?

49. Doing art

What type of art do you like to make?

Do you have access to art supplies?

Where do you do art?

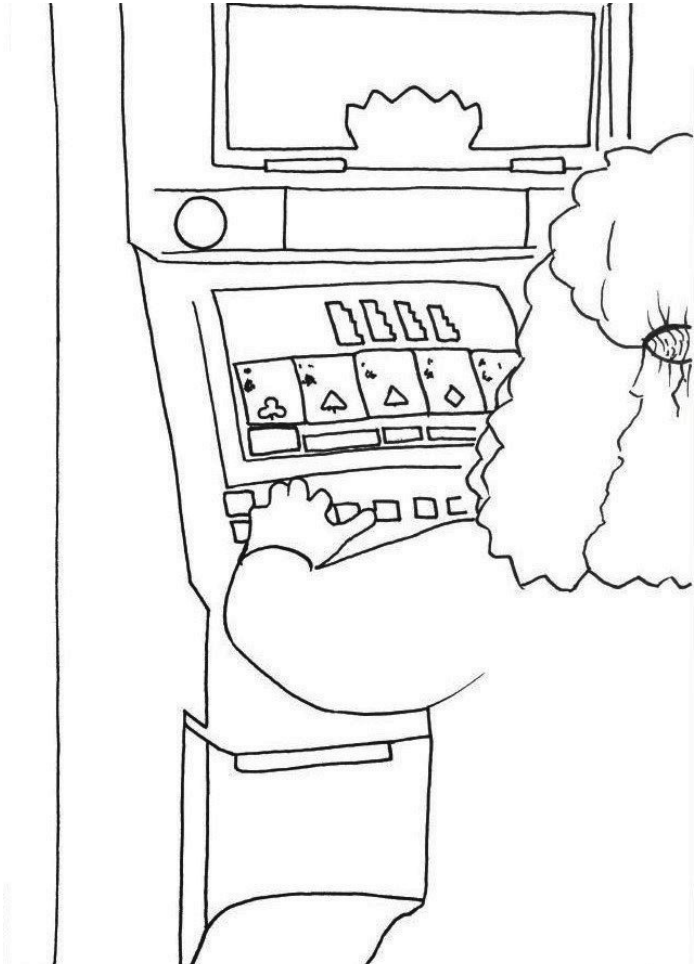
50. Playing tabletop games

50

What games do you play (e.g. yard games, pen/paper games, card games, puzzles)?

Do you play for money?

Do you have access to the games you would like to play?



51. Gambling

51

How often do you gamble?

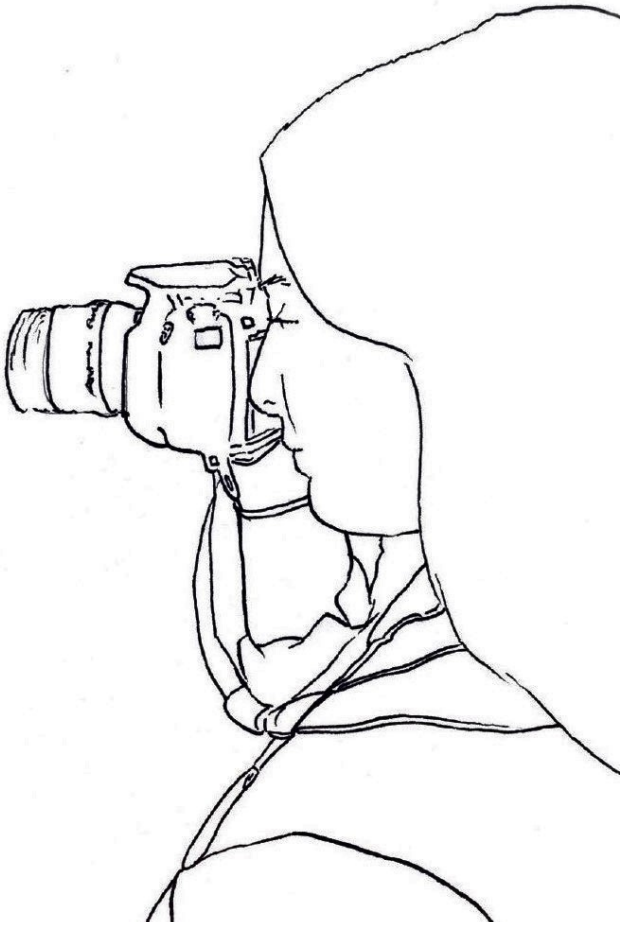
Do you budget for gambling?

Who do you gamble with?

Where do you gamble?

What type of games do you play?

How often do you play the lottery/ scratch-offs?



52. Taking pictures

52

Do you have access to a camera?

How do you share or keep your photos?

What keeps you from taking pictures?

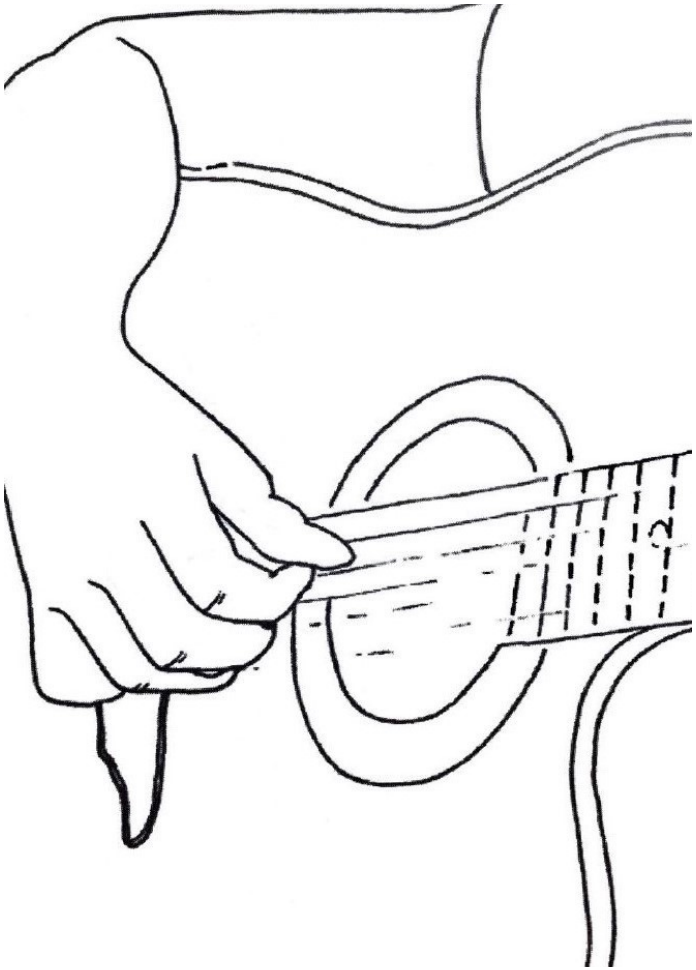
53. Listening to music

53

Do you have your own device to listen to music?

Do you prefer to listen to your music alone or with others?

How important is listening to your music?



54. Making music

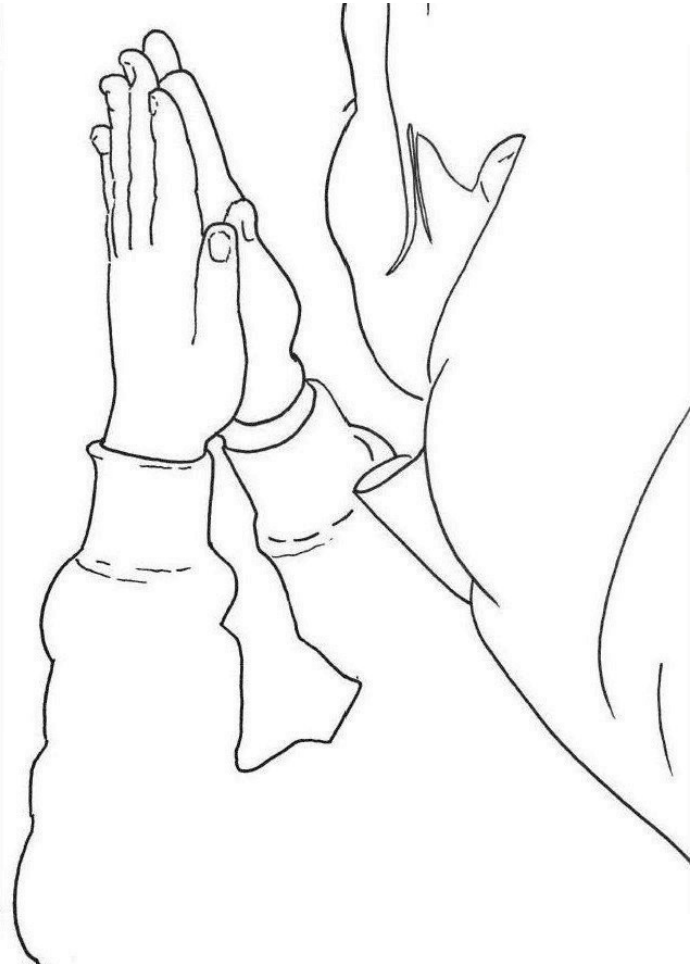
54

Do you have access to instruments?

Where do you sing or play instruments?

Do you make music in a group?

Do you perform for others or for money?



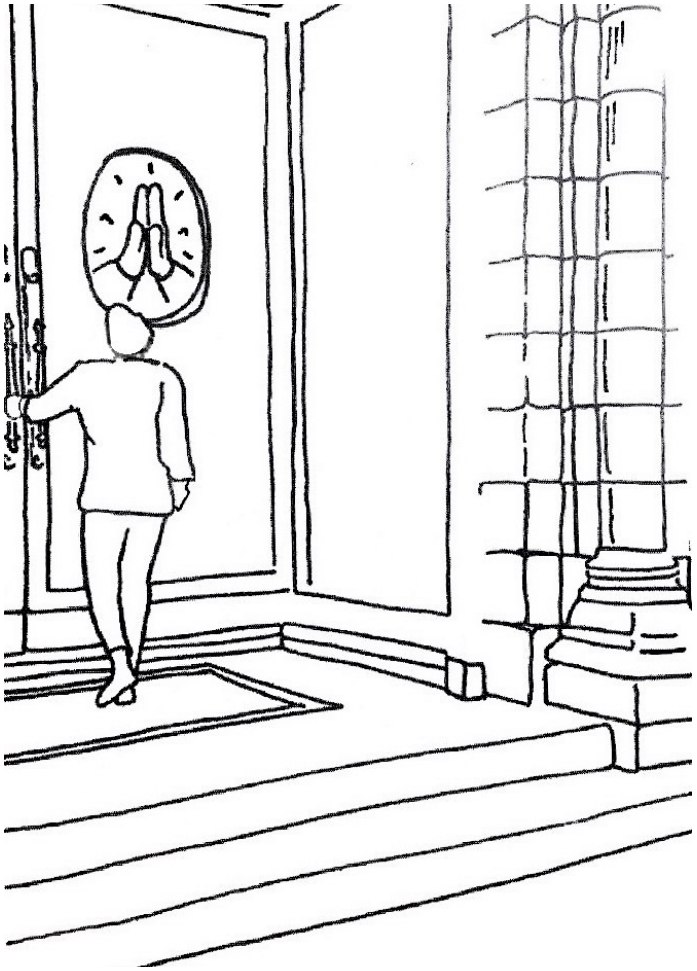
55. Praying

55

Where do you pray?

Do you pray with others?

Do you have access to written materials for prayer?



56. Going to place of worship

56

Where do you worship?

Do you have transportation?

Is this a source of social support for you?

How are you involved at your place of worship?

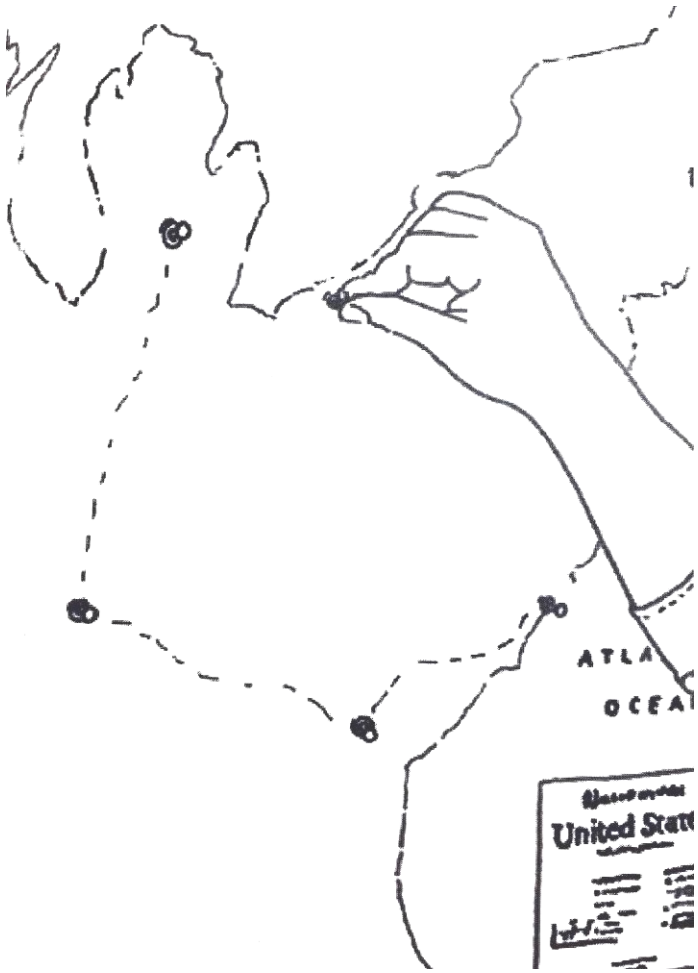
57. Visiting public spaces
(e.g. gardens, parks, museums, library)

57

What public spaces do you visit?

Do you use public spaces to escape weather?

How do you find or choose public spaces to visit?



58. Traveling

58

Why do you travel (e.g. for fun, to get something done, to visit family/ friends, for work)?

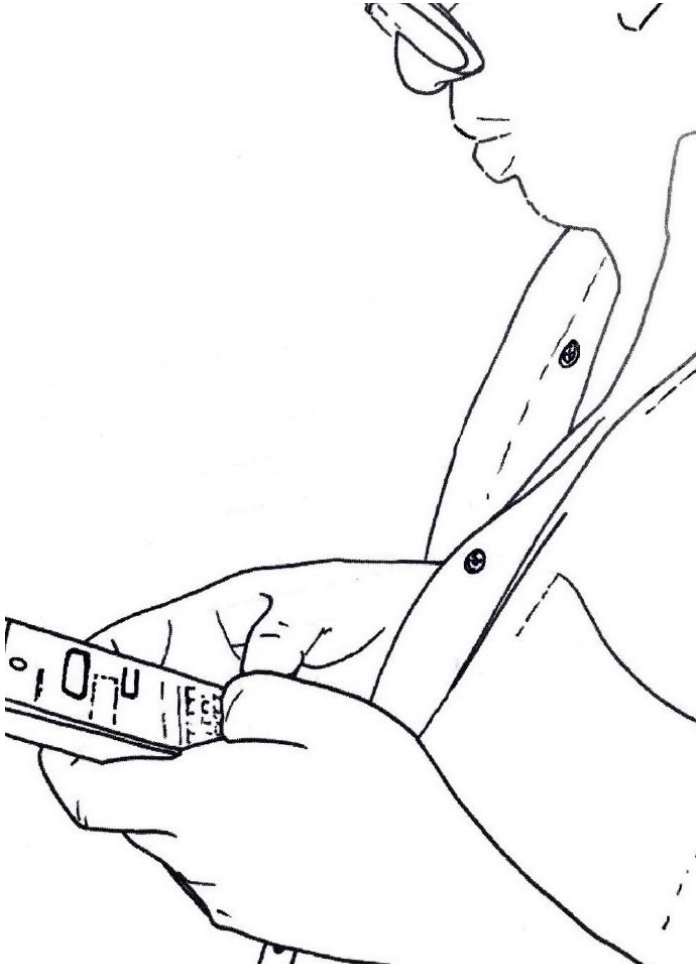
How do you financially plan for traveling?

Who travels with you?

Do you have a destination in mind when you travel?

Do you travel outside of the state?

How do you travel?



59. Using a phone

59

What do you use your cell phone for?

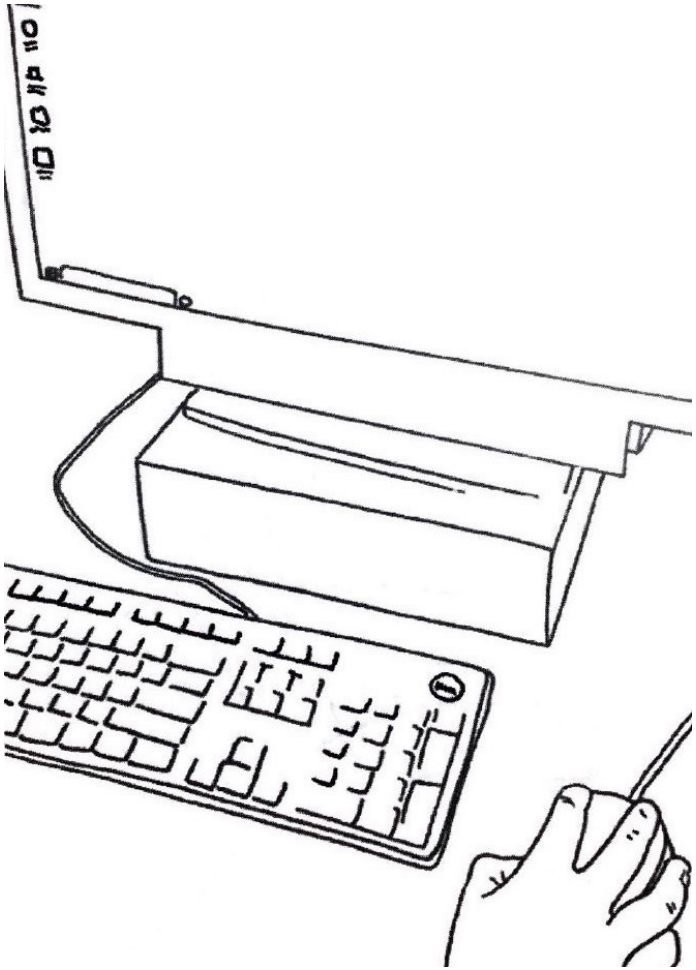
How do you pay for your cell phone bill?

Who do you talk to on the phone?

Do you have easy access to a phone?

Do you have a private place to talk on the phone?

Do you currently contact your friends or family as much as you would like?



60. Using a computer

60

Do you have access to a computer?

What do you use the computer for?

What would you like to do on a computer that you can't do right now?

Do you have trouble following the rules when using a public computer?

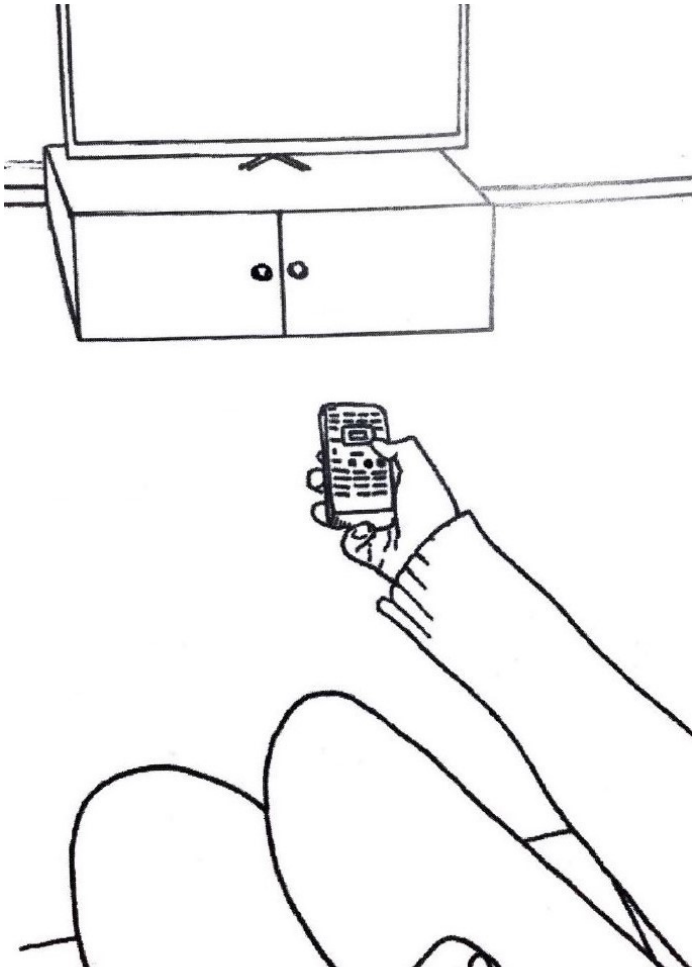
61. Reading

61

What do you read?

Do you have access to reading materials/books?

Do you have a quiet place to read?



62. Watching TV/movies

62

Do you go out to the movies?

Do you have a device to watch on or do you share someone else's?

How much time do you spend watching TV/movies?

Do you watch TV/movies with others?

Are you satisfied with the amount of time you spend watching TV/movies?

63. Sitting and thinking

Do you have a place to sit and think?

Do you have someone to share your thoughts with?

64. Being in a relationship with a spouse or partner

64

Are you happy with your current relationship?

Do you feel like your relationship is healthy?

How often are you able to spend time with your significant other?

Where do you spend time with your spouse or partner?

65. Eating with others

65

Who do you eat with?

Where do you eat?

How do you plan financially for this?

66. Pursuing sex

66

Do you feel emotionally safe while doing this?

Do you have enough privacy when you are ready to have sex?

How do you meet people?

How do you make sure you have consent before initiating sex?

67. Going to gatherings

How often do your family or friends gather together?

What prevents you or others from attending these gatherings?

How do you participate?

Who do you spend time with at gatherings?

68. Caring for loved ones who are ill

Who do you provide care for?

Do you have transportation to visit ill family members or friends?

Does this involve a financial or spatial burden to you?

69. Taking care of family

69

Are you able to access resources you need for your family (e.g. food, school, medical care)?

How often do you see your family?

What worries do you have related to managing a family?

What keeps you from having a relationship with your family member(s)?

Would you like to expand your family?

What family roles do you have?

70. Spending time with friends

What do you like to do with friends?

Do you feel satisfied when you spend time with friends?

How often are you able to spend time with friends?

Do you always spend time with the same group of people?

71. Helping other people

What do you do to help others?

Who do you help?

Do you have opportunities to help as much as you would like?

72. Going to support groups

Are you aware of support groups in the area?

Do you have transportation to the support group?

How has the support group helped you?

73. Dealing with stress and emotions

Do you use coping strategies?

What usually happens when you feel overwhelmed?

What is causing your stress/ emotions?

74. Seeking services

74

Do you have somewhere to go when you feel that you are unable to cope, feel powerless, or need social support?

Have you received psychological services?

Have you stayed in a crisis shelter (e.g. domestic violence shelter)?

Do you feel the need to be referred to trauma services?

What services have you received from a shelter?

Are there any services you want to receive, but are not getting?

Do any requirements make it difficult for you to receive services?

What programs or activities do you participate in?

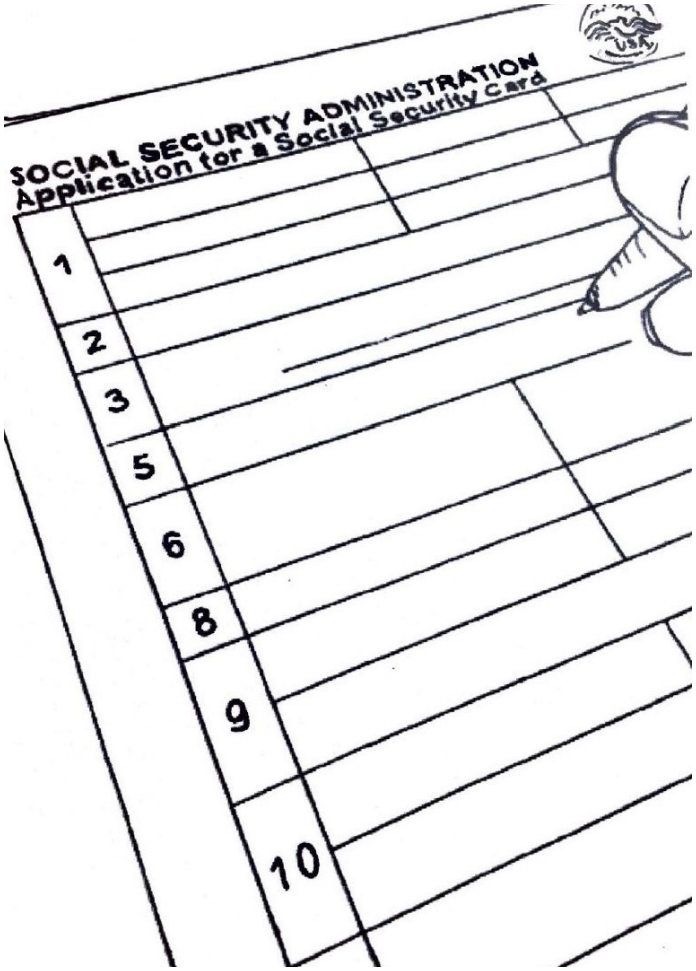
75. Finding clothing

75

How do you find clothing?

Do you have access to locations that offer free clothing?

Do you have access to seasonally appropriate clothing?



76. Finding and using resources

Have you applied or do you intend to apply for social security or food stamps?

Do you have access to services through any government programs?

Do you use food stamps, SNAP, or TANF benefits?

Do you contact groups in your community for help?

Do you have a connection to supportive and trustworthy people?

Never did

Given up

Do now

Do less

Want to do