



**Functional
Assessment**



**Reference
Handbook**



INTRODUCTION

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Example: Skills

Expressing Negative Feelings

Planning a Meal

Sewing

Selecting a Job

Conversing about Impersonal Topics

Facts About Skills

- A skill is evidenced in the masterful performance of a set of observable behaviors according to standards, for a purpose, in appropriate circumstances over time.
- Skills can be used in a variety of circumstances (i.e., with different people, in different situations, and in different places).
- Skills are gained through the study of knowledge (e.g., skill definition, benefits, behaviors, and condition for use) and practice of “how-to-do-it” behaviors.
- Skills, once mastered, are lasting.
- There are three types of skills: physical skills (require primarily bodily behaviors), emotional skills (require primarily interpersonal or intrapersonal behaviors), and intellectual skills (require primarily mental behaviors).

Summary of Functional Assessment

Definition

Functional Assessment is developing an understanding of a person’s functioning in the critical skills needed to be successful and satisfied in a particular environment.

Benefit

Functional Assessment suggests the skills the individual needs to develop.

Activities

- Listing Critical Skills
- Describing Skill Use
- Evaluating Skill Functioning
- Coaching

Condition

When the individual has an overall rehabilitation goal.

