

HF4Y Checklist

This template was developed to accompany
THIS is Housing First for Youth
Part 2 – Operations Manual.



Complete as Needed

Youth and Staff to Complete

Below are the five core principles of HF4Y broken up into tangible skills. Youth should have an opportunity to practice and master these skills while in the program. Please share this survey with the youth to have them complete, along with yourself. Once both are completed, have a conversation around goal setting and areas the young person would like to focus on further. How the young person answers will share clues with you on what areas they feel like they still need support on while in the program.

HF4Y Checklist

Date: _____

Please check the appropriate boxes in the areas below

- 1 = Needs have not been addressed
- 2 = Goals have been set and youth is working towards improvement in the areas
- 3 = Skills have been mastered

Life & Housing Skills (highlighted are the areas that the HF4Y principals are broken into)

	1	2	3	NA	Notes (i.e. what plan can be made by the youth with your support to strengthen the area)
Hygiene (demonstrates good self-care habits)					
Home cleanliness (keeps their space clean and tidy)					
Cooking/nutrition (knows how to cook for themselves and nutrition needs)					
Money Management (able to pay bills on time, budget and pay rent)					

Stable Housing (has been stably housed for 3 or more months)					
Make and Attend Appointments (ability to remember appts, book appts, and attend on their own)					
Stable Income (has regular income to support them financially/predictable income)					
Guest Management (makes positive choices regarding guests in their home, and has no impact on their housing or mental health)					
Considerate of Neighbours (is a good neighbour, knows their neighbours and is respectful)					
Positive Tenancy (adds value to the community they are in -- shovels sidewalk, holds the door open for neighbours, collects their mail)					
Relationship with neighbours and landlord (positive relationships and engages with them)					

Supports

	1	2	3	4	NA	Notes (i.e. what plan can be made by the youth with your support to strengthen the area)
Natural Supports (connected and spends time with family or defined natural supports)						
Peer Relationships (surrounds themselves with positive friends/coworkers/classmates and feels connected to them)						
Professional Support (connected to professional supports, if so desired)						
Ability to Access Community Supports (is able to access/seek out supports/resources on their own)						
Cultural Supports (connected to cultural/religious/spiritual supports as they see fit)						
LGBTQ2S+ Supports						

Daily Activity

	1	2	3	4	NA	Notes (i.e. what plan can be made by the youth with your support to strengthen the area)
Attending School (pt/ft/GED)						
Full Time Employment (37.5 hours a week or more)						
Part Time Employment (Less than 37.5 hours a week)						
Employment Training (skills development)						
Volunteering						

Parenting (has child/ren in care, completing visitations, attending parenting classes)						

Positive Youth Development and Wellness

	1	2	3	4	NA	Notes (ie. what plan can be made by the youth with your support to strengthen the area)
Addiction supports (accessing if needed)						
Mental Health (treated/diagnoses, is aware of symptoms and knows how to maintain)						
Physical Health (healthy and practices healthy habits)						
Legal Supports (dealing with legal issues if appropriate)						
Recreational involvement (involved in recreational activities, hobbies and personal interests)						
Community Connection (involved in community activities - community garden, church, groups)						
Healthy Sexuality (practices healthy safe sexuality, has access to resources needed)						
Personal Safety (knows how to keep self safe, feels safe and is aware of surroundings)						
Navigate challenges and remain calm (handles crisis in a calm manner and able to communicate needs/supports)						
Communication and Interpersonal skills (clear communication skills, aware of the effects of own communication and how						

tone/language can impact relationships)						
Healthy Sleep Habits (gets 7+ hours sleep every night or what is needed for themselves)						
Medication Management (manages their own medication/refills/dr's appts and understands side effects and diagnosis)						
Health Care (has health care card, manages their health and knows how to access resources as needed)						

Housing Based Case Manager: _____

Date: _____

Youth: _____

Date: _____