


Community Life Skills Scale (CLSS)

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Community Life Skills Scale (CLSS) measures use of community resources in six areas: Transportation, Budgeting, Support Services, Support-Involvement, Interests, Hobbies, and Regularity of Routines in daily life. CLSS has 33 yes/no items, and the range of possible scores is 0-33. In a sample of pregnant women who lacked support, the average CLSS score was 21.63 (SD= 4.19, Range=11-30) during pregnancy (Booth, et al, 1989). In a similar population of women, Barnard (1999) found that the average CLSS of 26.3 (SD=3.6, Range=15-33), when infants were two months of age. In 2002, Barnard found that the average CLSS was 24.69 (SD=3.89, Range 11-32) two months postpartum among women enrolled in First Steps, a State of Washington program for women receiving Medicaid support during pregnancy. The CLSS has been found to have positive correlations with less education, less income, lower IQ, less social support, more depressive symptoms and more difficult life circumstances (Booth, et al, 1989).



Date: _____

Name: _____ Marital Status: _____ Age: _____ Race: _____ Sex: _____

Education: _____ Occupation: _____ Number of Children: _____ under 5 yrs: _____ 5-18 y: _____

		YES	NO		YES
I. TRANSPORTATION					
1. Client has some form of regular, reliable transportation to work or for his/her needs.				19. Client has made a reciprocal agreement with a friend to exchange favors or services such as babysitting or repair work.	
2. Client can describe how to get to the grocery store, or to the doctor or clinic by some alternate method of transportation if the regular transportation is not available (e.g., if the car is broken down).				20. Client reports conversations with people he/she has not met before in such settings as the grocery or other stores, the laundromat, in the doctor's waiting room, in a park, or in church.	
3. Client knows the location of the bus stop nearest his/her home.				21. Client belongs to a club or other organized group that meets regularly (on a regularly scheduled basis).	
4. Client has a copy of the bus schedule for the local route, or knows that a schedule can be obtained over the phone.				V. INTERESTS-HOBBIES	
II. BUDGETING					
5. Client is able to pay bills (e.g., rent, utility) so that he/she is not bothered by collectors or threatened by service cut-offs (no more than one such incident in the past year).				22. Client has some hobbies or recreational interests.	
6. Client plans the monthly spending so that there is some money left at the				23. Client reads some magazine (no matter what kind) at least once a month (need not be purchased).	
				24. Client has visited the public library or bookmobile at least once in the past month.	

Barnard, K., Hilsinger, G., Patteson, D., Snyder, C., Solchany, J., & Shangle, M. (1999). Parent Protective Factors Project (1995-1999), Final Report. Seattle, WA: University of Washington.

Booth, C.L., Mitchell, S.K., Barnard, K.E., & Spieker, S.J. (1989). Development of maternal social skills in multiproblem families: Effects on the mother-child relationship. *Developmental Psychology*, 25(3), pp. 403-412.

Mitchell, S., Bee, H., Spietz, A., Snyder, C., Moser, J., Johnson-Crowley, N & Barnard, KE (1983). *Community Life Skills Scale Manual*. Seattle: University of Washington NCAST Publications.

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