Your BIG-CAT Assessment Report

The 'Breakdown of Independence Goals - Comprehensive Assessment Tool' (BIG-CAT) is an assessment tool, consisting of 240 comprehensive daily living skills, allowing all persons over the age of 10 to assess their independence skills and prioritise which skills they would like to develop.

Participant Details

Date of Completion	28 October 2025
Full name	Jane Doe
Date of Birth	19 June 2003 (22 years old)
Next Recommended Assessment	April 2026

This report provides a detailed analysis of what your current independence skill levels are, how you currently compare to peers and provides some guidance on which skills to target next.

SAMPLE ONLY

How to Read Your Report

This report uses several key terms and visuals. Here's a quick guide to help you understand them.

About the Graphs

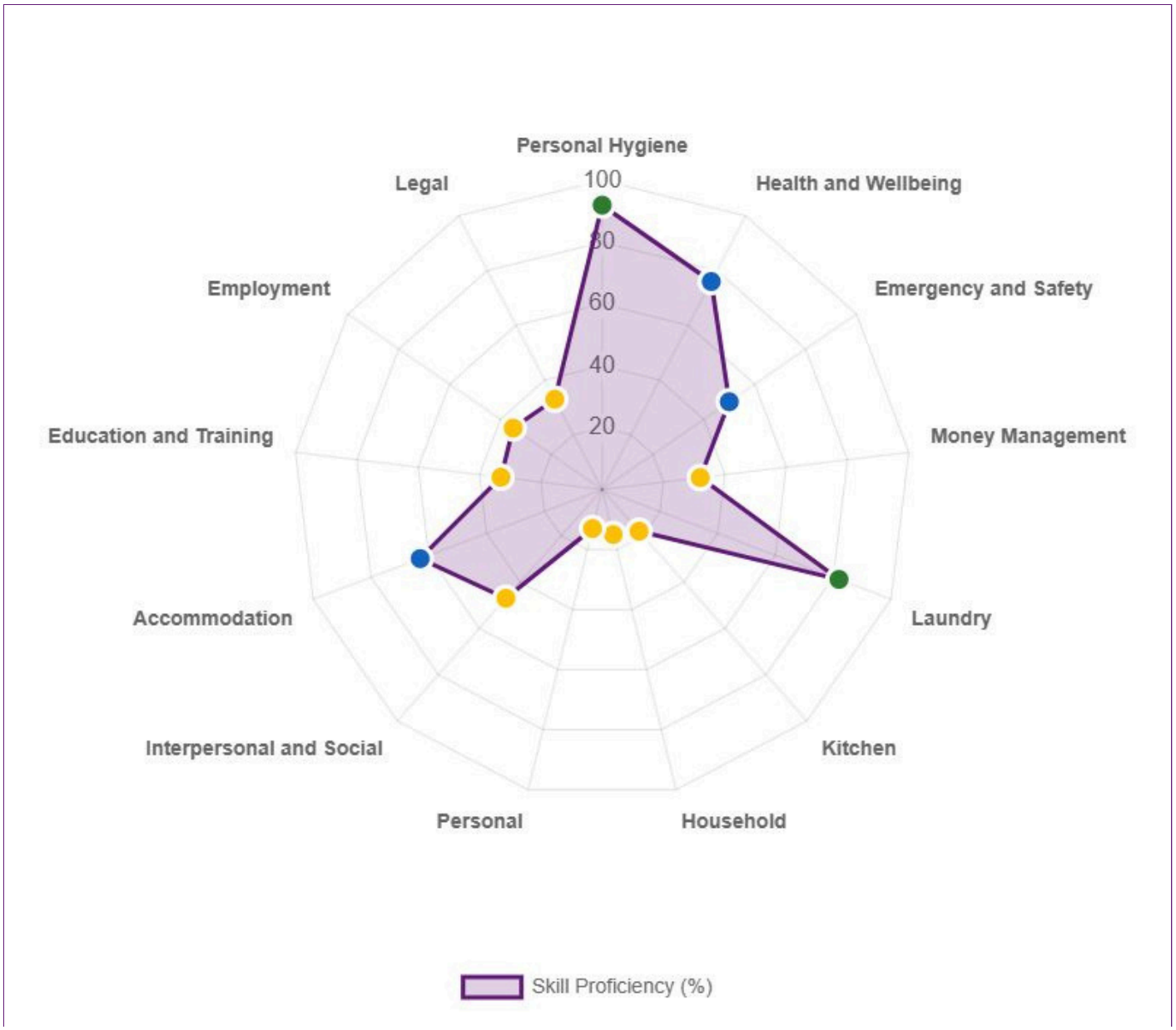
- **Developmental Snapshot (Radar Chart):** Gives a quick overview of your proficiency across all skill categories.
- **Skills Map (Bubble Chart):** Shows which skills are still developing. Larger bubbles indicate more skills to learn in that group.
- **Detailed Comparison (Bar Charts):** Compare your developmental age for a specific skill (pink bar) to your actual age (blue line).

Working with a Professional

> You can use this report to guide your own learning and track your progress. However, for the best results, we strongly recommend reviewing it with a qualified professional, such as an **Occupational Therapist (OT)**.
>
> An OT can help you interpret the results, set meaningful goals, and develop effective strategies to build your independence skills.

Your Independence Snapshot

Hello, Minuque! This snapshot gives you a quick look at your current life skills. Think of it as a map of your unique strengths. It celebrates the skills you already have and helps point the way toward new ones you can choose to target next on your independence journey.



What This Snapshot Shows

Each point on the chart represents a different skill area. The further a point is from the center, the more established your skills are in that area. Yellow points highlight categories for growth, blue points highlight categories you're working towards, and green points highlight categories you're strong at.

Your Journey to Independence

The Skill Proficiency rate is the percentage of skills within a particular skill category that you have mastered. The higher your rate, the closer to mastering that whole skill category.

Areas You Excel In

Based on your assessment, these are the skill categories where you demonstrate the most independence:

- **Personal Hygiene** (92% Proficiency)
- **Laundry** (82% Proficiency)
- **Health and Wellbeing** (76% Proficiency)

Areas for Growth

To continue building your independence, you may choose to focus on the following skill categories, which have the largest opportunities for development:

- **Personal** (13% Proficiency)
- **Household** (15% Proficiency)
- **Kitchen** (18% Proficiency)

Your Priority Goals

During the assessment, you identified the following skills as your top priorities. Think of this as your personal starting line for building new habits and increasing your independence. Use the checkboxes to track your progress as you master each new skill.

	I understand the common causes of electrocution
	I know how to find if I am eligible and to apply for Centrelink rent assistance
	I know how to fill in a rental application
	I know how to use a mobile phone to text and call
	I can follow simple recipes
	I know how to iron a shirt
	I understand the difference between luxuries and necessities
	I know how to use EFTPOS (tap and pay)
	Completed First Aid Training (including CPR)
	I know to keep windows and doors locked, especially at night
	I know where to get free legal services if I am a victim of crime or are charged with an offence

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My Next Steps: Turning Insights into Action

Use this space with your support team to set clear, achievable goals based on your report. Choose a few skills from your "Priorities" list to start with.

Goal 1:

Skill I will work on:

What does success look like? (e.g., "I can do this on my own")

Who can help me?

Target Date:

Goal 2:

Skill I will work on:

What does success look like?

Who can help me?

Target Date:

My Next Steps (cont.)

Goal 3:

Skill I will work on:

What does success look like?

Who can help me?

Target Date:

Goal 4:

Skill I will work on:

What does success look like?

Who can help me?

Target Date:

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Developmental Snapshot

The charts on the following pages help visualize your current skills and identify opportunities for growth on your independence journey.

Understanding the Skills Map

The next chart maps out the skills that you are still developing. It helps you and your support team see which areas might be a priority.

How to Read the Chart:	What It Means for You:
• **Bubble Height:** The **higher** the bubble, the bigger the skill gap in years. A high bubble means the skill is much later that the typical age of mastery • **Bubble Size:** The **larger** the bubble, the more skills are grouped at that delay level	Focus on the **highest and largest bubbles** first within a skill category. High bubbles mark your most urgent areas for growth, and large ones how where you can build multiple related skills at once.

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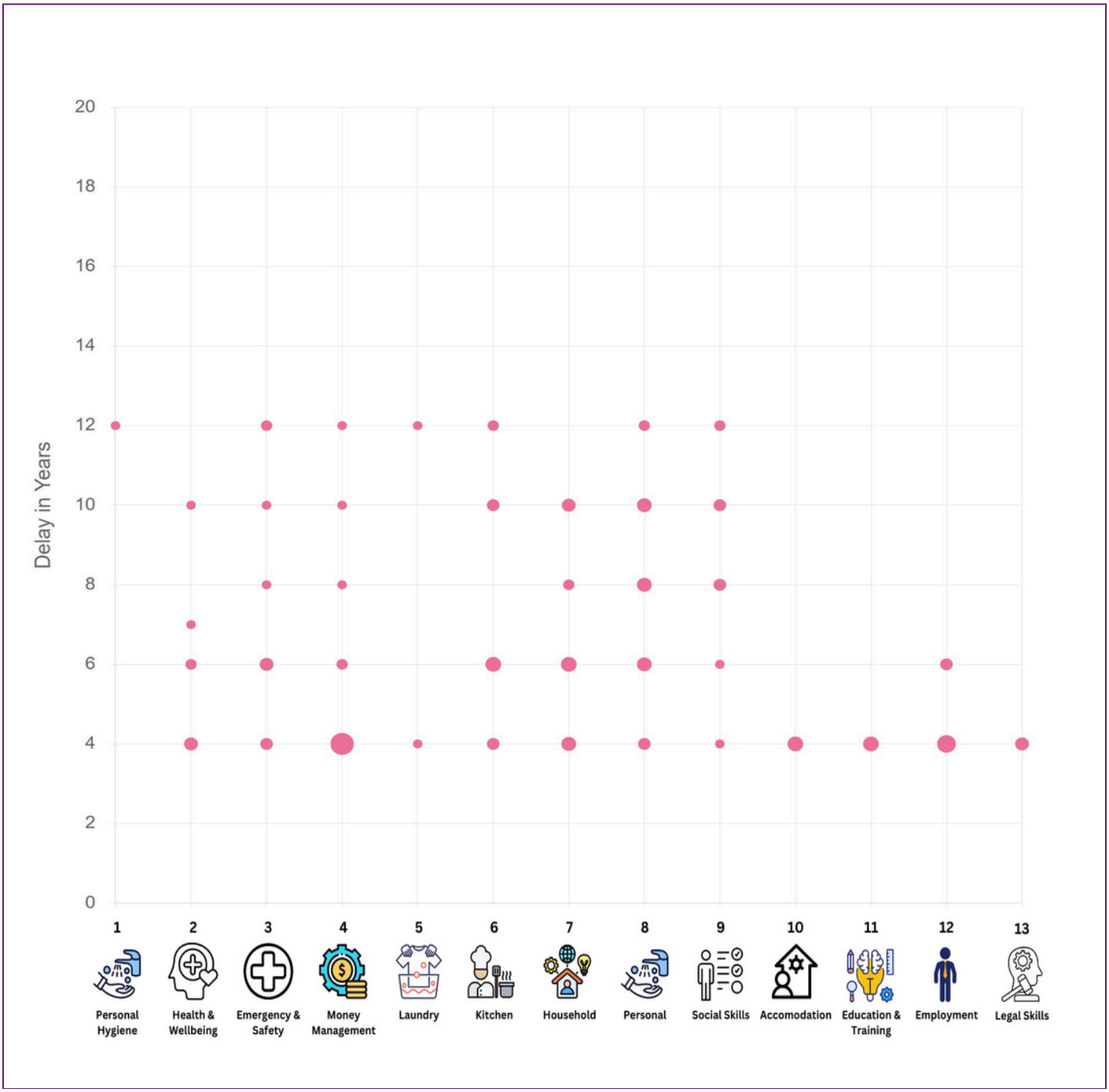
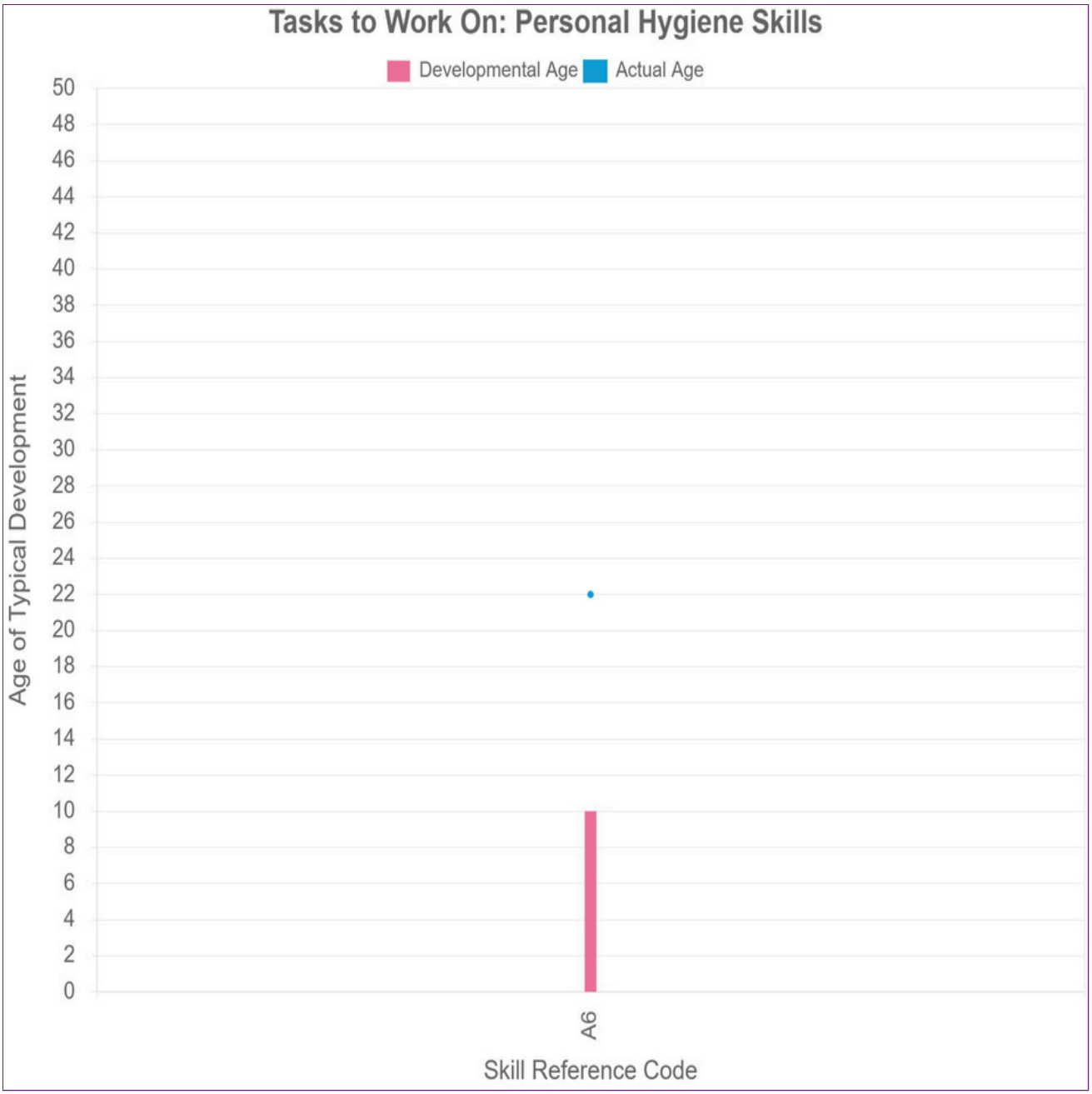
Skills Map


Delay in Years
20
18
16
14
12
10
8
6
4
2
0
1
2
3
4
5
6
7
8
9
10
11
12
13
Personal Hygiene
Health & Wellbeing
Emergency & Safety
Money Management
Laundry
Kitchen
Household
Personal
Social Skills
Accomodation
Education & Training
Employment
Legal Skills

Comparison Graphs

The following graphs compare your current developmental age for specific skills (pink bars) to your actual biological age (blue line). Use these to identify specific tasks to work on within each skill group. Use the Detailed Response Record below to see which skill the reference code refers to.

» Jump to Detailed Response Records below



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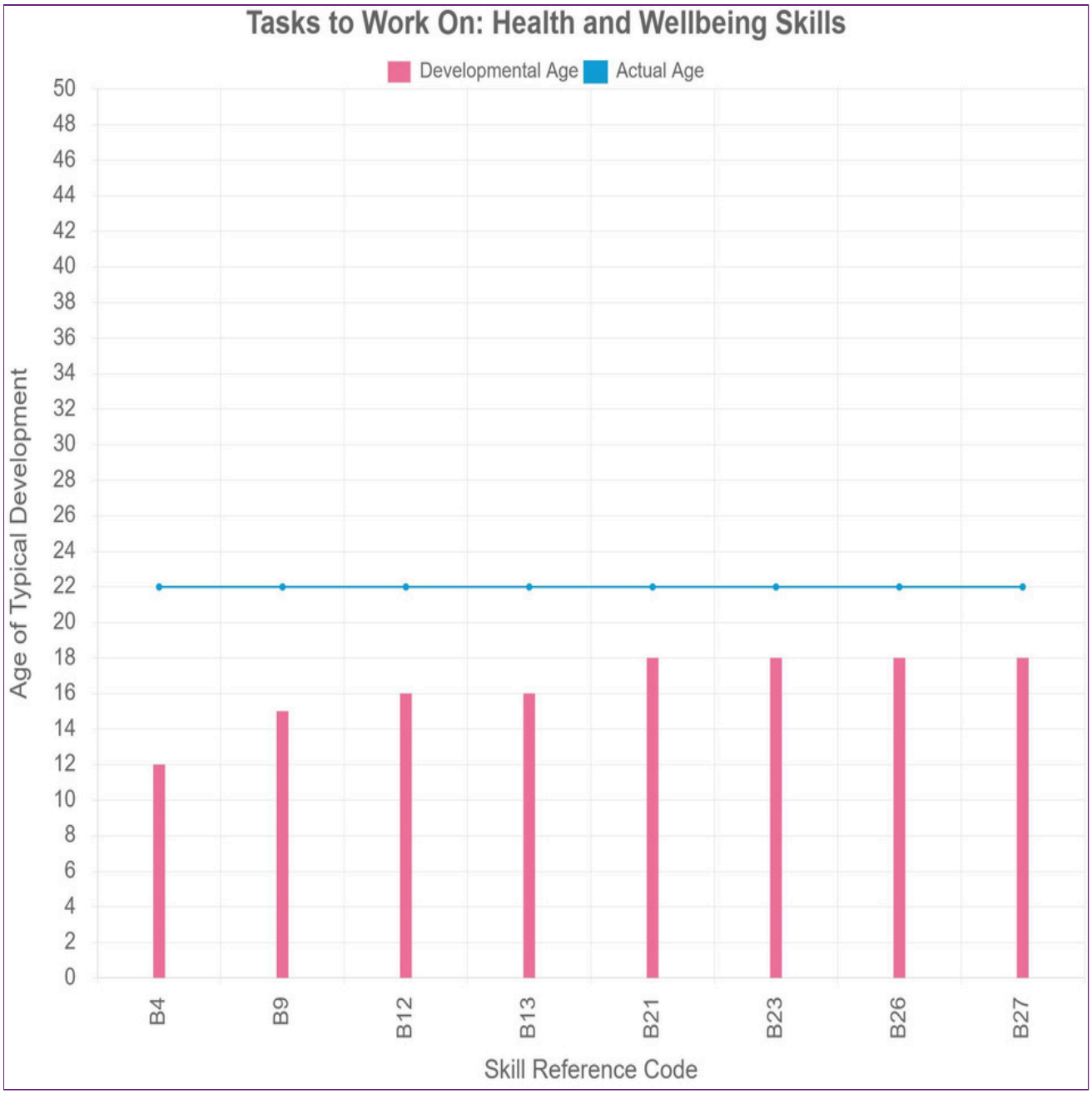
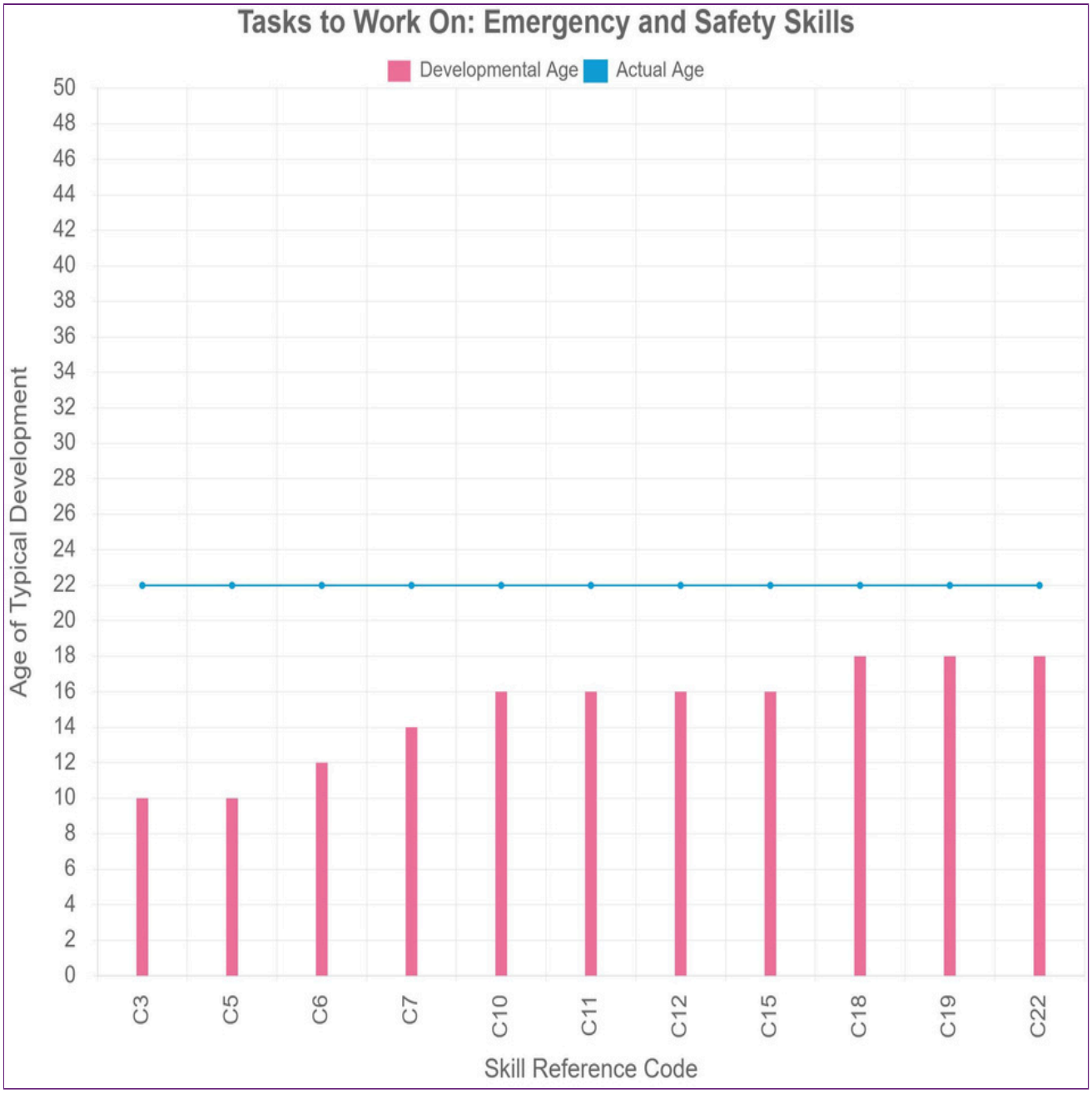
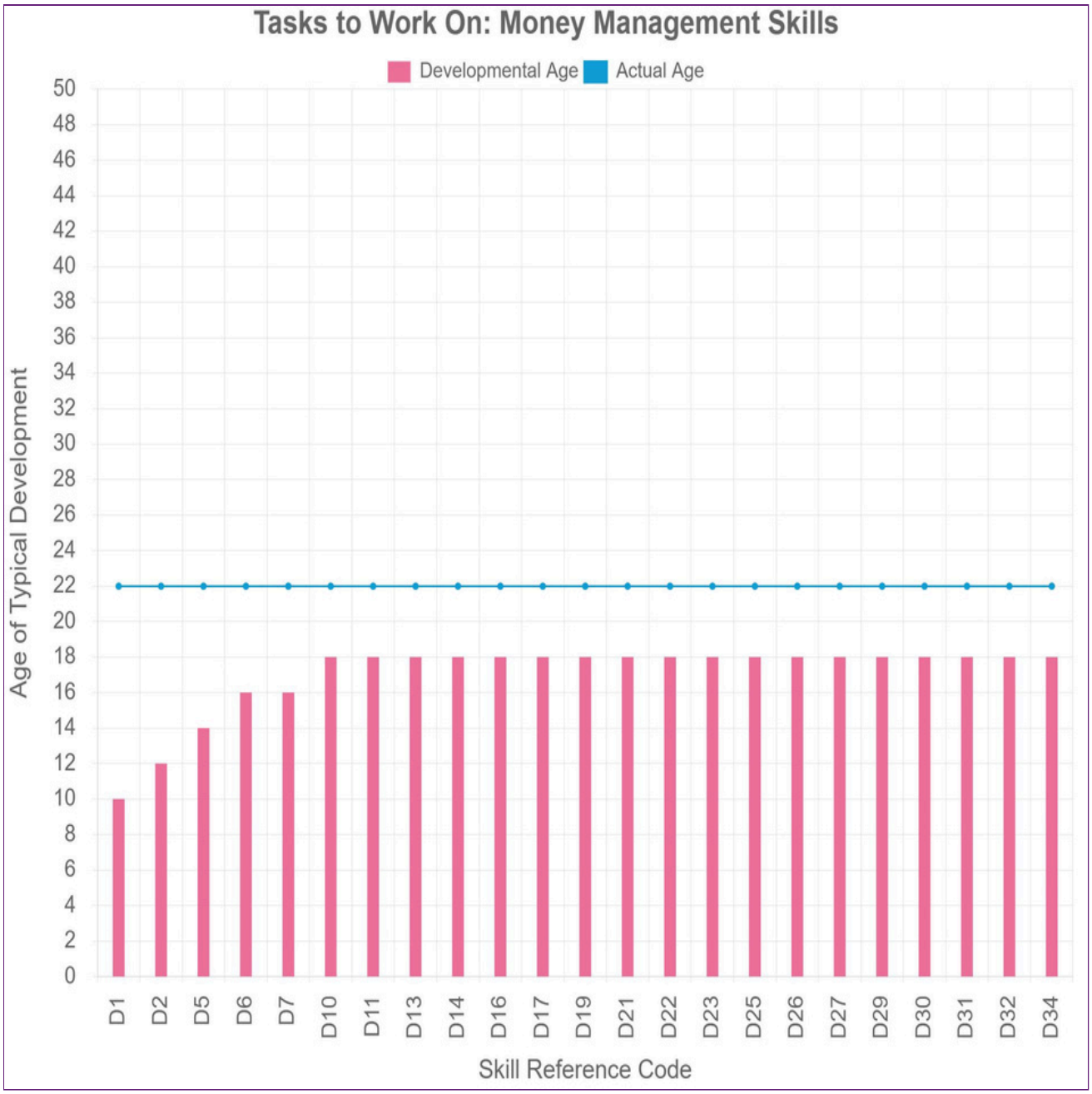

Tasks to Work On: Health and Wellbeing Skills
Developmental Age
Actual Age
Age of Typical Development
50
48
46
44
42
40
38
36
34
32
30
28
26
24
22
20
18
16
14
12
10
8
6
4
2
0
B4
B9
B12
B13
B21
B23
B26
B27
Skill Reference Code


Tasks to Work On: Emergency and Safety Skills
Developmental Age
Actual Age
Age of Typical Development
50
48
46
44
42
40
38
36
34
32
30
28
26
24
22
20
18
16
14
12
10
8
6
4
2
0
C3
C5
C6
C7
C10
C11
C12
C15
C18
C19
C22
Skill Reference Code


Tasks to Work On: Money Management Skills
Developmental Age
Actual Age
Age of Typical Development
50
48
46
44
42
40
38
36
34
32
30
28
26
24
22
20
18
16
14
12
10
8
6
4
2
0
D1
D2
D5
D6
D7
D10
D11
D13
D14
D16
D17
D19
D21
D22
D23
D25
D26
D27
D29
D30
D31
D32
D34
Skill Reference Code

Appendix

Assessment Score Breakdown

Category Reference Code	Skill Category	NOT APPLICABLE	DOES NOT CURRENTLY DO	CAN DO WITH ASSISTANCE	CAN DO, NEEDS MOTIVATION	INDEPENDENT
A	Personal Hygiene Skills	0	0	0	1 7	11
B	Health and Wellbeing Skills	0	0	1	11	26
C	Emergency and Safety Skills	0	0	0	21	11
D	Money Management Skills	0	0	2	2	11
E	Laundry Skills	0	0	0	11	9 3
F	Kitchen Skills	0	0	3	7	3 3
G	Household Skills	0	2	8	10	9
H	Personal Skills	0	0	10	6 6	10
I	Interpersonal and Social Skills	0	0	4	5	3 7
J	Accommodation Skills	0	0	0	12	2
K	Education and Training Skills	0	0	1	4	108
L	Employment Skills	0	0	1	103	x4
M	Legal Skills	0	0	0	x3	432
Total		0	2	30	309	
x Weighting		x0	x1	x2		
Weighted Score		0	2	60		

On 28 October 2025, at age 22, Jane achieved an overall independence score of 803.

The higher the overall independence score, the more independence skills you have.

The maximum possible score (indicating full independence) is 960.

Detailed Response Record

« Back to the skill breakdown graphs

The tables below provide a complete record of your responses for every skill in the assessment. A solid circle marks the option you selected for each statement.

How to use this section: This detailed view is a valuable reference for you and your support team. You can use it to review specific answers, plan next steps, and see a clear history of your skills at the time of this assessment.

Personal Hygiene Skills

Reference Code	Skill	NOT APPLICABLE	DOES NOT CURRENTLY DO	CAN DO WITH ASSISTANCE	CAN DO, NEEDS MOTIVATION	INDEPENDENT
A1	I brush my teeth twice a day (morning & night), floss regularly					●
A2	I clean myself appropriately following toileting					●
A3	I understand the importance of good personal hygiene					●
A4	I shower or bathe daily, with soap					●
A5	I brush or comb my hair daily					●
A6	I can choose clean, and appropriate clothing for myself based on the weather and/or occasion				●	
A7	I can dress myself					●
A8	I wash my hands after using the restroom, before touching food, and regularly when sick					●

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Reference Code	Skill	NOTAPPLICABLE	DOES NOT CURRENTLY DO	CAN DO WITH ASSISTANCE	CAN DO, NEEDS MOTIVATION	INDEPENDENT
L13	I know what the minimum wage is					●
L14	I can carefully review an employment contract – check sick leave, annual leave, tax, superannuation				●	
L15	I know my behaviour and attitude at work can affect whether I keep my job and future pay raises				●	
L16	I know to turn up to work on time, and dressed appropriately					●
L17	I know where and when not to talk with co-workers					●
L18	I know what to do when I have a conflict with a colleague or feel I am being bullied				●	
L19	I know my job responsibilities and how to complete job tasks					●
L20	I know to give formal notice when leaving a job				●	

Legal Skills

Reference Code	Skill	NOT APPLICABLE	DOES NOT CURRENTLY DO	CAN DO WITH ASSISTANCE	CAN DO, NEEDS MOTIVATION	INDEPENDENT
M1	I know who to complain to if I am discriminated against				●	
M2	I know my legal rights when I turn 18					●
M3	I know the age of consent					●
M4	I know how to register to vote, where to vote, and that I can be fined for not voting				●	
M5	I know what my rights are if I'm arrested and who to call				●	
M6	I know where to get free legal services if I am a victim of crime or are charged with an offence				●	

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TO BE CONTINUED

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