Source: Kretzmann, JP & McKnight, JL, 1993, *Building Communities from the Inside Out:* A Path Toward Finding and Mobilizing a Community's Assets, ACTA Publications, Evanston.

RELEASING INDIVIDUAL CAPACITIES

Capacity Inventory

Health

Hello. I'm with (local organization's name). We're talking to local people about their skills. With this information, we hope to help people contribute to improving the neighborhood, find jobs or start businesses. May I ask you some questions about your skills and abilities?

Part I—Skills Information

Now I'm going to read to you a list of skills. It's an extensive list, so I hope you'll bear with me. I'll read the skills and you just say "yes" whenever we get to one you have.

We are interested in all your skills and abilities. They may have been learned through experience in the home or with your family. They may be skills you've learned at church or in the community. They may also be skills you have learned on the job.

Caring for the Elderly Caring for the Mentally Ill Caring for the Sick Caring for the Physically Disabled or Developmentally Disabled (If yes answered to items 1, 2, 3 or 4, ask the following:) Now, I would like to know about the kind of care you provided. Bathing Feeding **Preparing Special Diets Exercising and Escorting** Grooming Dressing Making the Person Feel at Ease Office Typing (words per minute _ Operating Adding Machine/Calculator Filing Alphabetically/Numerically **Taking Phone Messages** Writing Business Letters (not typing) Receiving Phone Orders Operating Switchboard **Keeping Track of Supplies** Shorthand or Speedwriting Bookkeeping **Entering Information into Computer** Word Processing

Construction and Repair

Painting Painting Painting Painting Painting	
Porch Construction or Repair	
Tearing Down Buildings	
Knocking Out Walls	
Wall Papering Furniture Repairs	
Repairing Locks	
Building Garages	
Bathroom Modernization	
Building Room Additions	
Tile Work	
Installing Drywall & Taping	
Plumbing Repairs	
Electrical Repairs	
Bricklaying & Masonry	_ "
Diferialing & Masoliny	
(Stop here if no affirmative response by the	nis point.)
Cabinetmaking	
Kitchen Modernization	
Furniture Making	a 20
Installing Insulation	
Plastering	3
Soldering & Welding	
Concrete Work (sidewalks)	0
Installing Floor Coverings	
Repairing Chimneys	
Heating/Cooling System Installation	
Putting on Siding	
Tuckpointing	
Cleaning Chimneys (chimney sweep)	
Installing Windows	
Building Swimming Pools	
Carpentry Skills	
Roofing Repair or Installation	
Maintenance	
Window Washing	
Floor Waxing or Mopping	
Washing and Cleaning Carpets/Rugs	
Routing Clogged Drains	
Using a Handtruck in a Business	
Caulking	
General Household Cleaning	
Fixing Leaky Faucets	4
	Part Control of the C

Mowing Lawns	
Planting & Caring for Gardens	
Pruning Trees & Shrubbery	
Cleaning/Maintaining Swimming Pools	1 P
Floor Sanding or Stripping	
Wood Stripping/Refinishing	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
wood surfrage	
Food	
Catering	
Serving Food to Large Numbers	
of People (over 10)	
Preparing Meals for Large Numbers	
of People (over 10)	
Clearing/Setting Tables for Large Numbers	
of People (over 10)	
Washing Dishes for Large Numbers	
of People (over 10)	
Operating Commercial Food	
Preparation Equipment	
Bartending	
Meatcutting	
Baking	
Cbild Care	
Caring for Babies (under 1 year)	
Caring for Children (1 to 6)	
Caring for Children (7 to 13)	
Taking Children on Field Trips	
Transportation	
Driving a Car	
Driving a Van	
Driving a Bus	
Driving a Taxi	
Driving a Tractor Trailer	
Driving a Commercial Truck	
Driving a Vehicle/Delivering Goods	
Hauling	
Operating Farm Equipment	
Driving an Ambulance	
Operating Equipment & Repairing M	achinery
Repairing Radios, TVs, VCRs, Tape Recorders	
Repairing Other Small Appliances	-
Repairing Automobiles	

Repairing Trucks/Buses	
Repairing Auto/Truck/Bus Bodies	
Using a Forklift	
Repairing Large Household Equipment	
(e.g. refrigerator)	
Repairing Heating & Air Conditioning System	
Operating a Dump Truck	
Fixing Washers/Dryers	
Repairing Elevators	
Operating a Crane	
Assembling Items	
Supervision	
Writing Reports	
Filling out Forms	
Planning Work for Other People	-w 514 g
Directing the Work of Other People	
Making a Budget	- 4 1 2 2 1
Keeping Records of All Your Activities	
Interviewing People	
Sales	
Operating a Cash Register	
Selling Products Wholesale or for Manufacturer	1.1
(If yes, which products?)	
Selling Products Retail	
(If yes, which products?)	2.2 (9.
Selling Services	
(If yes, which services?)	
How have you sold these products or services?	
(Check mark, if yes)	
Door to Door	
Phone	
Mail	
Store	
Home	1 241,
Music	
Singing	
Play an Instrument	
(Which instrument?)	
Canada	
Security	
Cuarding Pacidential B	
Guarding Residential Property	
Guarding Commercial Property	

Guarding Industrial Property	
Armed Guard	
Crowd Control	
Ushering at Major Events	
Installing Alarms or Security Systems	
Repairing Alarms or Security Systems	
Firefighting	
Other	
Upholstering	
Sewing	
Dressmaking	
Crocheting	
Knitting	
Tailoring	
Moving Furniture or Equipment to	
Different Locations	
Managing Property	
Assisting in the Classroom	
Hair Dressing	
Hair Cutting	
Phone Surveys	
Jewelry or Watch Repair	
Are there any other skills that you have which w	e haven't mentioned?
Priority Skills	
1 11 - what three	things do you think you do best?
1. When you think about your skills, what three	, timigo do you time y
a)	
b)	
c)	
2. Which of all your skills are good enough tha	t other people would hire you to do them:
a)	
b)	
c)	
3. Are there any skills you would like to teach?	
a)	
b)	
c)	

4. What skills would you most like to learn?	
a)	
b)	
c)	
Part II—Community Skills	
Have you ever accepted or participated in any of	the following community activities? (Place check
mark if was	
mark if yes)	
Boy Scouts/Girl Scouts	
Church Fundraisers	
Bingo	
School-Parent Associations	·
Sports Teams	
Camp Trips for Kids	
Field Trips	
Political Campaigns	- And the second
Block Clubs	·
Community Groups	
Rummage Sales	
Yard Sales	
Church Suppers	
Community Gardens	
Neighborhood Organization	
Other Groups or Community Work?	
omer oroups or community	
Let me read the list again. Tell me in which of the (Place check mark if yes)	ese you would be willing to participate in the futur
(1 face check mark if yes)	
Part III—Enterprising Interests and Experie	nce
A. Business Interest	
1. Have you ever considered starting a business? If yes, what kind of business did you have in r	Yes No

2. Did you plan to start it alone or with other people? Alone Others	
3. Did you plan to operate it out of your home? Yes No	
4. What obstacle kept you from starting the business?	
B. Business Activity	
1. Are you currently earning money on your own through the sale of services or products? Yes No	
2. If yes, what are the services or products you sell?	
3. Whom do you sell to?	
4. How do you get customers?	
5. What would help you improve your business?	
Part IV—Personal Information	
Name	
Address	
Phone	
Age (If a precise age is not given, ask whether the person is in the teens, 20s, 30s, en	tc.)
Sex: F M	
Thank you very much for your time.	
Source	
Place of Interview	
Interviewer	