

How to Use “Independent Living, Here We Come!”



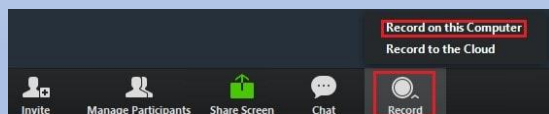
An Independent Futures that Work Project Training



Disclaimers

The RSA PTI Independent Futures that Work! Project is funded through a grant from the U.S. Department of Education, Office of Special Education and Rehabilitation Services, Rehabilitation Services Administration and is a project of the Alabama Parent Education Center.

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Independent Living, Here We Come!

Independent Living, Here We Come! was developed by the Independent Futures that Work project in collaboration with the PTI Centers from Alabama, Arkansas, Louisiana, Mississippi, Oklahoma, and Texas. This checklist document is to be used by youth and young adults with disabilities and their caregivers to review the skills needed for independent living and identify those skills the youth is able to do and those he or she has not yet learned. The checklist format allows the user to check off skills as they are mastered. It should be noted that not all youth and young adults will be able to master all skills due to differences in ability levels.



Identified Skill Areas

The checklist identifies skills under thirteen broad skill areas:

- **Self-care/Clothing Care Skills**
- **Insurance Skills**
- **Food Prep/Cooking Skills**
- **Financial Management Skills**
- **Housekeeping/Home Maintenance Skills**
- **Safety Skills**
- **Healthcare Skills**
- **Transportation Skills**
- **Self-Determination/Self-Advocacy Skills**
- **Organization/Time Management Skills**
- **Citizenship Skills**
- **Access Community Services and Relationship Skills**
- **Assistive Technology Skills**

When Should I Use This Checklist?

You should use this checklist:

- When your youth is able to start learning these skills
- When your youth enters high school, as these skills can inform the community/independent living goals of the Individualized Education Program (IEP) in high school
- When your youth is preparing to live independently and you want to ensure they are prepared and ready.



How can I use this checklist?

- Start by reviewing skills identified on the checklist.
- Mark off any skills you have actually witnessed your youth or young adult perform.
- Discuss the other skills with your youth or young adult to see if they have ever tried any of the unmarked skills. Ask them to demonstrate the skill to you if they say they can do it.
- Begin to work on helping your youth or young adult to learn and master the skills not marked on the checklist.
- Mark each skill off the checklist as your youth or young adult masters it.
- Keep in mind that depending on the unique needs and characteristics of the disability of the youth or young adult, not all skills on the checklist will be able to be mastered by everyone.

Self-Care/Clothing Care Skills



Self-Care/Clothing Care Skills

Skills needed to take care of one's body and clothing

- ☐ Establishes a morning hygiene routine
- ☐ Establishes a bedtime routine
- ☐ Uses restroom appropriately, including hand washing
- ☐ Showers/bathes with soap
- ☐ Keeps personal possessions secure (i.e., wallets, phones, keys, money, etc.)
- ☐ Chooses clean, appropriate clothes to wear based on weather and occasion
- ☐ Asks for help when needed
- ☐ Knows importance of using deodorant
- ☐ Sorts laundry
- ☐ Operates washer and dryer appropriately with detergent, fabric softener, and lint removal from dryer
- ☐ Folds and puts away clean laundry

Insurance Skills

Insurance Skills

Skills needed to protect one's self and possessions

- ☐ Understands the different types of insurance available (i.e., health, home, renters, automobile, etc.)
- ☐ Understands coverage for any policies owned



Food Prep/Cooking Skills



Food Prep/Cooking Skills

Skills needed for planning and preparing meals

- ☐ Plans meals
- ☐ Completes a grocery shopping list
- ☐ Buys/shops for meal ingredients
- ☐ Prepares simple meals
- ☐ Turns off stove after use
- ☐ Uses kitchen electronics safely
- ☐ Discards old/expired food
- ☐ Washes fruits and vegetables before eating them
- ☐ Recognizes common measurements
- ☐ Understands need for avoiding certain foods
- ☐ Identifies supplemental nutritional programs (i.e., Meals on Wheels, food banks, etc.)
- ☐ Sets table

Financial Management Skills

Financial Management Skills

Skills needed to understand and manage one's money

- ☐ Uses coins and bills appropriately
- ☐ Opens and maintains a checking and/or saving account
- ☐ Uses a debit and/or credit card appropriately
- ☐ Develops and/or follows a weekly budget
- ☐ Comparison shops between stores to find best value
- ☐ Knows how to use coupons to save money
- ☐ Knows how to return purchased items



Housekeeping/Home Maintenance Skills



Housekeeping/Home Maintenance Skills

Skills needed to maintain a home

- ☐ Keeps living space clean
- ☐ Mops, sweeps, and vacuums floors
- ☐ Makes bed daily and changes bed linens regularly
- ☐ Takes trash out
- ☐ Uses household equipment safely
- ☐ Washes dishes and puts clean dishes away
- ☐ Changes light bulbs when needed
- ☐ Unstops the toilet (simple clogs with plunger)
- ☐ Asks for assistance when unable to manage household tasks or maintenance

Safety Skills

Safety Skills

Skills for keeping one's self safe in an emergency

- ☐ Recognizes sound of a fire alarm and what to do
- ☐ Has a smoke detector and knows how to check it and replace batteries
- ☐ Knows how to use a fire extinguisher
- ☐ Knows when and how to call 9-1-1
- ☐ Creates a plan to address emergencies such as flood, fire, hail, tornado and hurricane
- ☐ Knows where to take shelter in the event of a tornado or hurricane



Healthcare Skills

Healthcare Skills

Skills needed to maintain healthcare and seek medical treatment

- ❑ Knows how to read a prescription bottle
- ❑ Knows how to refill prescriptions
- ❑ Cleans cuts and applies Band-Aids
- ❑ Uses and reads a digital thermometer
- ❑ Knows when to seek medical assistance
- ❑ Chooses healthcare providers that fit needs
- ❑ Communicates openly with healthcare provider
- ❑ Keeps a copy of health history and medications to provide to healthcare providers
- ❑ Understands what types of healthcare coverage he/she has (i.e., health, dental, vision, etc.)
- ❑ Writes down questions for doctor and takes to appointment



Transportation Skills

Transportation Skills

Skills needed to get around the community

- ❑ Identifies types of transportation available in local community
- ❑ Obtains driver's license, if able
- ❑ Wears a seat belt in automobiles
- ❑ Applies for a handicapped parking permit, if needed
- ❑ Reads and recognizes safety and traffic signs
- ❑ Obtains car insurance if needed
- ❑ Understands insurance coverage
- ❑ Follows GPS directions to different locations
- ❑ Understands driving strategies for bad road conditions
- ❑ Knows how to maintain a car (i.e., wash, clean, know where to get oil changed, gets maintenance when needed)



Self-Determination/Self-Advocacy Skills

Self-Determination/Self-Advocacy Skills

Skills needed to know one's rights, make decisions, and advocate for one's self

- ☐ Knows his/her rights under the disability laws
- ☐ Knows how to say "no"
- ☐ Knows how to ask for help appropriately
- ☐ Can recognize and report abuse, neglect, or danger to appropriate authorities
- ☐ Makes informed decisions
- ☐ Understands what services he/she needs and can ask for them
- ☐ Can take action when needed
- ☐ Can express his/her needs to others

SELF ADVOCATE

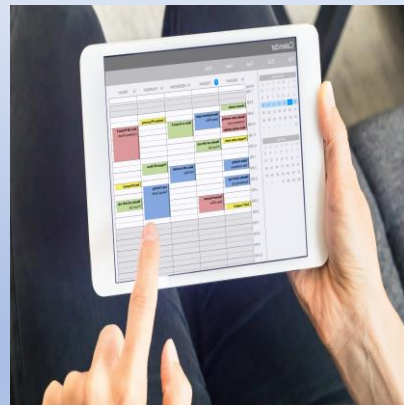


Organization/Time Management Skills

Organization/Time Management Skills

Skills needed for keeping track of life events and managing time

- ☐ Uses alarms to wake up in the morning
- ☐ Uses timers for reminders
- ☐ Uses a calendar to keep track of appointments, work/school schedule, etc.
- ☐ Makes a to-do list



Citizenship Skills

Citizenship Skills

Skills needed to participate as a citizen

- ❑ Understands voting rights
- ❑ Obtains a valid state identification card (i.e., driver's license, ID card, U.S. Passport, etc.)
- ❑ Registers to vote
- ❑ Knows where to go to vote and how to ask for needed accommodations



Access Community Services and Relationship Skills

Access Community Services and Relationship Skills

Skills needed to access community services and build relationships

- ❑ Knows to dial 9-1-1 in an emergency
- ❑ Knows home address and phone number
- ❑ Knows phone numbers for state and local agencies
- ❑ Identifies community supports available within local community
- ❑ Identifies community helpers who can provide assistance (i.e., police officer, fireman, EMT/Paramedic, etc.)
- ❑ Builds/Has a community support network of people that can provide assistance in non-emergency situations
- ❑ Keeps in touch with family and friends via text and phone



Assistive Technology Skills

Assistive Technology Skills

Skills needed for individuals who have unique communication needs

- Uses assistive technology and augmented communication devices independently to make communication and life tasks easier
- Knows how to express ideas, questions, or feelings to others through technology (i.e., emojis, exclamation marks, etc.)
- Knows how to request/arrange for a sign language interpreter, if needed
- Knows how to care for and maintain communication devices
- Knows how to communicate by phone/TTY/TTD if needed
- Knows when, why, and how to sign his/her name (through technology)
- Identifies a support person that can assist with verbal communication when needed
- Becomes aware of laws that provide for handicapped access to public places, such as *The Adults with Disabilities Act* and the *Fair Housing Act*



Wrap Up

- Where can I find Independent Living, Here We Come?
 - <https://independentfuturesthatwork.com/wp-content/uploads/2022/03/Independent-Living-Here-We-Come-v3-3-1.pdf>
- Where can I find information about independent living for my state?
 - <https://independentfuturesthatwork.com>
 - Look under “Find Help in Your State” at the top of the webpage



FIND HELP IN YOUR STATE

Survey

Please take a moment and complete our survey to let us know where you are from, your role, and how you felt about our presentation. Thanks!

<https://forms.gle/azLNKpzv3xpsi8gTA>



For More Information

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Thank you for attending
our training!



Independent Futures that Work is
project of the Alabama Parent
Education Center with collaborating
partners from five Parent Training
and Information Centers in RSA PTI
Region B-2: Arkansas, Louisiana,
Mississippi, Oklahoma and Texas.



Oklahoma Parents Center
Statewide Parent Training and Information
Contact us toll-free at 877-553-4332

