



Independent Living, Here We Come

TOOLKIT

A Guide to Independent Living for
Youth & Adults with disABILITIES

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Introduction

The future can often seem unsure for a youth with a disability. It may be hard for you to think about waking up one day and not going to school. Many youth and families find the thought of leaving high school to be very hard. You don't know what comes next.

Your parents may have spent years working on getting your IEP set up. That was to help you do and be your best during your school years. If you are still in school, you can work on many of the skills you need. One day you could live on your own with careful planning and hard work now.

This toolkit was built using guiding principles from **Families Helping Families of Greater New Orleans (FHF)** and **Louisiana Parent Training and Information Center (LaPTIC)**.

GUIDING PRINCIPLES

- People with disabilities can be active and thrive with others in their area. They can go to work and school. They can get around, do fun things, and live in their own home.
 - People with disabilities will be treated nicely and fairly. They will be treated like they know things.
 - Parents of people with disabilities will be able to find tips on helping their children. They will have other parents to help them help their children.
 - FHF will teach people everywhere about the great things people with disabilities can do. They will help people with disabilities live and work as others do. They can get around and have fun, too.
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This toolkit was created by FHF of GNO and LaPTIC. Parent centers from six states worked on it together. People from Alabama, Arkansas, Louisiana, Mississippi, Oklahoma, and Texas worked on it. The toolkit was made for a lot of reasons. These reasons include:

- To see if students with disabilities were ready to live on their own.
- To give students and their families ideas to get them ready to live on their own.

This toolkit was made for young people with disabilities who want to learn to live on their own. It was also made for their family members who want to help. It is also a good tool for adults with disabilities who want to live on their own. It is good for people who want to be better at taking care of themselves with less help. The tips are meant for anyone, but some of the checklists may not apply to every person.

Planning to live on your own means knowing what your own needs are. Every person is different and needs help in different ways. It is important for you and your family to figure out what you need to live on your own. Family should help but not take over for you when you plan your life and how you will live.

The toolkit is set up to go over these 13 big skill areas:

1. Making Choices
2. Knowing Who You Are and What You Need
3. Keeping a Healthy Body
4. My Healthcare
5. Cooking & Eating Healthy
6. Helpful Tech
7. Being Safe
8. Building Good Relationships
9. Moving Out
10. A Clean and Happy Home
11. Getting Around
12. Money Matters
13. Being a Part of Your World

The toolkit also has worksheets for you. They will help you plan to live on your own.

You become an adult at 18 years old in our state. At that time, the law says you can manage your own life. That includes where you will live and what you will do.

Living on your own uses many skills. You have to know how to take care of your body and keep it clean. You have to know how to stay safe at home and when you go out. These are skills most of us learn over time at home and at school. They give us the core of what it takes to live on your own.

For young people with disabilities, daily living skills can be a challenge. That's why it's important for you to start early working on these skills. It's really never too early to start. After all, there is no such thing as too much practice!

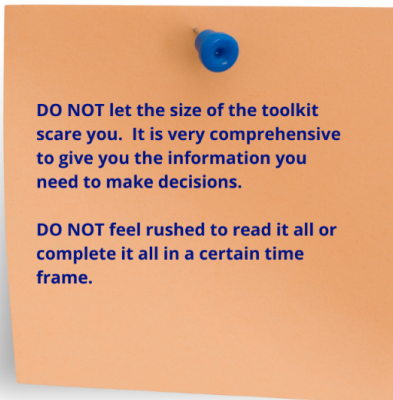
It is a good idea to start with the checklists in the Decision Making and Self-Determination & Self-Advocacy sections. These chapters cover the basics you need for success.

Being a success at living on your own happens when you have a team of people helping you to live your dream!

How to Use the Toolkit

This toolkit was made for YOU, the person with a disability. The people who support you may choose to go through it with you. That might be your parents, other family members, workers, or teachers.

We suggest these steps. But feel free to use it any way you want.



- **I Need to Practice** – this means you have many of the steps required to master the skill, but you still need more practice before it’s considered a mastered skill.
- **I’m Going to Start This** – this means you want to start learning this new skill.
- **I Will Always Need Help** – this is a skill that has been determined you will always need some level of assistance.
- **This Does Not Apply to Me** – this is for items that don’t apply to you.
- **Note Column** – this is a great place to make short notes about the skill and continued challenges or tips.

Read each skill and then put a ✓ in the appropriate column. Be 100% honest when making your choice. The purpose of doing this isn’t to see how many “I Can Do This” boxes you can check off. The purpose is to create a plan to help you build more skills to live independently.

Also, **REPEAT** this statement as many times as necessary:

I DO NOT NEED TO LEARN EVERYTHING ON ALL OF THESE LISTS TO LIVE INDEPENDENTLY.

We want to always presume competence and never assume someone can’t do something. Think about these lists as general education lists. Then think about accommodations and modifications you get in school. Independent living works the same way. There will be some things you really need to be able to do, but other things that would be nice to do, but not required. The great thing is YOU and your family get to decide what you **MUST** do, what your family, friends, and service providers can do to support you, and then YOU can decide if you are ready to say, **INDEPENDENT LIVING, HERE I COME!**

STEP 1

Each big skill area is broken down into single skills. Some of them have a lot of parts and others don’t. For example,

Checklist

Independent Living Skills	I Can Do This	I Need To Practice	I’m Going to Start	I Will Always Need Support	This doesn’t apply to me.	Notes
SELF-DETERMINATION & SELF-ADVOCACY SKILLS						
I am self-determined and can effectively self-advocate for myself.						
If you cannot effectively self-advocate for yourself, please complete the skills needed.						
<input type="checkbox"/> I can explain my disability.						
<input type="checkbox"/> I know my strengths.						
<input type="checkbox"/> I know my challenges.						
<input type="checkbox"/> I am comfortable speaking up for myself.						
<input type="checkbox"/> I know my projected graduation or exit time from school.						

This big area is Knowing Who You Are and What You Need. Under each section you will mark one of the following columns:

- **I Can Do This** – this means you have mastered this skill.

Once you complete the first step, you will move on to Step 2 and identify what items you want to work on as part of your school transition plan. Be realistic about how many things you can add to your transition plan. It's better to add fewer skills and work on mastery than to have a bunch and not master any.

STEP 2

To identify skills for your transition plan, put a ✓ in the checkbox before the skill.

Independent Living Skill	I Can Do This	I Need to Practice	I'm Going to Start
SELF-DETERMINATION & SELF-ADVOCACY SKILLS (BASIC)			
<input checked="" type="checkbox"/> I attend my IEP meetings.		<input checked="" type="checkbox"/>	

We recommend having both you and your parents, family, or caregiver go through the checklists together. The checklists can then be used at upcoming IEP meetings to create goals you will need to live independently. If you are already out of high school, you can still do this step and share it with family, independent living centers, or others assisting you to live independently.

As mentioned previously, it is recommended you start with Section 1 – Decision Making and Section 2 – Self-Determination & Self-Advocacy, as those are the foundation for success.

STEP 3

Share the checklist with your IEP team or anyone that is assisting you in living independently. Have regular discussions on how to meet your goals.

STEP 4

The checklist should be considered a living document. It should be placed somewhere that is visible so you don't forget about it. You can hang it on your refrigerator, a bulletin board, etc. But DO NOT file it away or put it somewhere you won't see it every day.



The checklist can be used by students, parents, family members, guardians, caretakers, teachers, and others who are involved in helping a student live independently.

Section I – Making Choices



People without disabilities have the human right to make choices, whether they are wrong or right. This is one of the most basic freedoms individuals are guaranteed. However, people with disabilities cannot take this freedom for granted. This is especially true for people with intellectual and developmental disabilities. Sometimes, well-intended family members think they need to protect you and take legal action to remove this freedom. Often, all you need is a trusted support system to help you make the right decision.

You need to start thinking about the type of support you will need in making decisions. These are conversations you need to have with trusted family members, friends, and teachers. There is no one-size-fits-all when it comes to decision-making abilities or limitations. Many people without disabilities make bad or wrong decisions. It's part of the learning process. Sometimes people need to be impacted by the consequences of making the wrong decision to fully understand why it was the wrong decision. For example, if you are hungry but trying to lose weight, and you pick the chocolate cake instead of the salad, the consequence may be gaining weight. Fortunately, Louisiana offers several legal options, ranging from very flexible to very restrictive. Ideally, you will want to choose an option that allows you to make the most choices you can about your own life.

Supported Decision Making

In August 2020, Louisiana passed the Supported Decision Making Law, also called the Dustin Gary Act. This is an alternative to the more restrictive options of Interdiction, Limited Interdiction, and Continuing Tutorship. Supported decision-making allows **YOU** to decide what type of decisions you need support with and who you'd like to get support from. For example, some people may need help in deciding on where they want to live. Whereas someone else may know exactly where they want to live but needs help with figuring out transportation. In all honesty, this isn't much different for individuals without disabilities. Most people at some point in their life will seek support from a trusted family member or friend in making a decision. Always remember, just because you need support in making some decisions, it doesn't mean you can't successfully live independently.



The **Independent Living, Here We Come Toolkit** is designed to help you identify the areas you will need continuous support. Knowing this information will help you make independent living decisions. More restrictive alternatives to Supported Decision-Making include the following:

Full Interdiction

A Full Interdiction means that the person interdicted does not have the legal capacity to enter into a contract of any kind. The person would be 18 years of age and older or an emancipated minor.

Limited Interdiction

Limited Interdiction provides greater flexibility for the individual with a disability who needs assistance with some decision-making, but who is capable of making other decisions. The person would be 18 years of age and older or an emancipated minor.

Continuing Tutorship

Tutorship is when a person is legally responsible for caring for a minor child until the age of majority, which is 18 in Louisiana. Continuing Tutorship is a continuation of the tutorship after the 18th birthday. This process is done after the 15th birthday and before the 18th birthday.

Resources

Legal Status Manual by Disability Rights Louisiana	https://disabilityrightsla.org/wp-content/uploads/2020/02/2019-10-15-Updated-Legal-Status-Manual-DRLA.pdf
Supported Decision Making Users Handbook by Disability Rights Louisiana	https://disabilityrightsla.org/wp-content/uploads/2021/08/Supported-Decision-Making-User-Handbook.pdf

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
DECISION MAKING SKILLS						
<input type="checkbox"/> I know who I want to be involved in supporting me.						
<input type="checkbox"/> I know where I need support.						
<input type="checkbox"/> I know I need a written agreement to do Supported Decision Making officially						
<input type="checkbox"/> I know that a Supported Decision Making agreement can be terminated.						
<input type="checkbox"/> I understand the purpose of a Representative Payee for Social Security						

Section 2 – Knowing What You Need



Living independently begins with self-determination and self-advocacy. In order to successfully live independently, you first must know what you want and how to get it.

Self-Determination, Here I Come!

Self-determination is the drive to determine our own thoughts, feelings, behaviors, and choices over life events. It includes the internal motivation and self-awareness that encourages us to define personal goals based on our interests, preferences, values, and needs. Life has more meaning for all of us if we can have control over our daily activities.

Self-determination begins at birth. All children need to learn about who they are and how they can act or react to life events in order to become self-determined. Children who are given choices about simple decisions in their lives such as what food to eat, what clothes to wear, and what to do for fun, will also experience consequences for their choices. They learn at a very early age that they do have control and responsibility for their lives.

Self-determination is not an all-or-nothing set of skills. As a youth with disabilities mature, they will probably experience different levels of skill and ability with regard to self-determination. Some may desire control over many life decisions, such as where they want to live, what kind of work they want to do, and what types of activities fulfill their recreational needs. Others may desire more support in order to take responsibility for certain aspects of their lives.

It is important to understand that self-determination is not just a verbal response to choice. Self-determination is also an intrinsic need of human beings. Never assume that a disability is too severe for communication. Even if an individual is non-verbal and not using a communication device, his or her body language, facial expressions, and behaviors will provide messages of choice, satisfaction, and future needs.

Self-determination isn't meant to be isolating. Individuals with disabilities may continue to seek assistance and support from others. Family members and professionals need to do what they can to provide ongoing support for individuals with disabilities to take risks, build resilience amidst failure, speak assertively, and develop the internal self-determination characteristics and the external self-advocacy community skills needed for success.

Self-Advocacy, Here I Come!

Self-advocacy is the first step in becoming an adult. Youth with disabilities must be provided with as many opportunities as needed to practice self-advocacy skills. A natural place to start practicing self-advocacy in school is at the IEP meeting. After all, the IEP is all about the student, so why shouldn't you practice advocating for yourself at these meetings?

Self-advocacy is learning how to speak up for yourself, making your own decisions about life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem-solving, listening and learning, reach out of others when you need help.



Resources

A Transition Guide by the Office of Special Education and Rehabilitative Services	https://www.supportmydecision.org/assets/tools/postsecondary-transition-guide-may-2017.pdf
Self-Advocacy Start-Up Toolkit by Self Advocacy Resource and Technical Assistance Center	https://selfadvocacyinfo.org/wp-content/uploads/2018/07/Self-Advocacy-Start-up-Toolkit-more-power-more-control-over-our-lives-2018.pdf
Self-Determination by PACER's National Center on Transition and Employment	https://www.pacer.org/transition/learning-center/independent-community-living/self-determination.asp
Think College Website	http://www.thinkcollege.net/

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
SELF-DETERMINATION & SELF-ADVOCACY SKILLS						
<input type="checkbox"/> I can explain my disability						
<input type="checkbox"/> I know my strengths						
<input type="checkbox"/> I know my challenges						
<input type="checkbox"/> I am comfortable about speaking up for myself						
<input type="checkbox"/> I know my projected graduation or exit time from school.						
<input type="checkbox"/> I know what I want to do after high school						
<input type="checkbox"/> I understand what self-disclosure means						
<input type="checkbox"/> I believe I have control to direct my life						
<input type="checkbox"/> I know my rights under the different disability laws						
<input type="checkbox"/> I know how to ask for help when I need it						
<input type="checkbox"/> I know how to be assertive when necessary						
SELF-DETERMINATION & SELF-ADVOCACY SKILLS for IEP Meeting						
<input type="checkbox"/> I attend my IEP meetings						
<input type="checkbox"/> I participate in my IEP in a meaningful way						
<input type="checkbox"/> I know my IEP goals						
<input type="checkbox"/> I can make suggestions for IEP goals						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I understand what I need to do to reach my IEP goals						
<input type="checkbox"/> I know my IEP accommodations						
<input type="checkbox"/> I can describe or tell the types of accommodations I need						
<input type="checkbox"/> I know if my IEP accommodations are being provided						
<input type="checkbox"/> I can speak up if I think my IEP accommodations are not being followed.						
<input type="checkbox"/> I can describe my strengths						
<input type="checkbox"/> I can describe my challenges						
<input type="checkbox"/> I know my learning style						
<input type="checkbox"/> I can describe the compensation skills I use						
<input type="checkbox"/> I know if I am making progress on my IEP goals						
<input type="checkbox"/> I was involved in creating my transition plan						
<input type="checkbox"/> I can ask for Pre-Employment Transition Services before I leave high school						
<input type="checkbox"/> I know I can stay in high school until I am 21 years old						
<input type="checkbox"/> I can facilitate my own IEP meeting						
<input type="checkbox"/> People at school listen when I ask for help						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> At school, educators listen to me when I talk about what I need						
<i>SELF-DETERMINATION & SELF-ADVOCACY SKILLS at Post-Secondary Schools</i>						
<input type="checkbox"/> I know I need to apply for accommodations on my ACT test						
<input type="checkbox"/> I know I no longer have an IEP						
<input type="checkbox"/> I know I can register with the disability services office on the campus						
<input type="checkbox"/> I know I can disclose to teachers my disability and the accommodations I need						
<input type="checkbox"/> I know what to do if teachers don't give me my accommodations						
<i>SELF-DETERMINATION & SELF-ADVOCACY SKILLS at HOME</i>						
<input type="checkbox"/> I can decide how I spend my money						
<input type="checkbox"/> I can decide what I wear						
<input type="checkbox"/> I can decide what I eat						
<input type="checkbox"/> I know what home modifications or accommodations I need						
<input type="checkbox"/> I can arrange transportation if I need to go somewhere						
<input type="checkbox"/> I can decide how I want to spend my down time						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I can have open communication with my family about my wants and desires						
<input type="checkbox"/> At home, my parents and family listen to me when I talk about what I want or need						
<i>SELF-DETERMINATION & SELF-ADVOCACY SKILLS at Work and in the Community</i>						
<input type="checkbox"/> I know I can work						
<input type="checkbox"/> I know my legal rights to work						
<input type="checkbox"/> I know what type of job I want						
<input type="checkbox"/> I have the skills for the job I want						
<input type="checkbox"/> I know the work accommodations I will need						
<input type="checkbox"/> I know what type of environmental accommodations I need						
<input type="checkbox"/> I can ask for help when needed						
<input type="checkbox"/> I can ask for accommodations in different settings						
<input type="checkbox"/> I can negotiate respectfully						
<input type="checkbox"/> I can tell others what I enjoy doing and what I don't enjoy doing						
<input type="checkbox"/> I can recognize and report abuse, neglect, or danger to family, school, or police						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<i>SELF-DETERMINATION & SELF-ADVOCACY SKILLS in Provider Services</i>						
<input type="checkbox"/> I can tell a provider I have the right to be treated with dignity and respect, free of any abuse, neglect, and/or exploitation						
<input type="checkbox"/> I can tell a provider I have the right to report any grievances						
<input type="checkbox"/> I can tell a provider I have the right to be free from coercion, restraint (physical or chemical), and seclusion						
<input type="checkbox"/> I can tell a provider I have the right to live where I want and with whomever I want						
<input type="checkbox"/> I can tell a provider I have the right to freedom of movement within my home						
<input type="checkbox"/> I can tell a provider I have the right to privacy in my home						
<input type="checkbox"/> I can tell a provider I have the right to decide who I spend time with and communicate with; I can have unrestricted access to a telephone, computer, cell phone, or other communication devices; I can have the privacy to send/receive unsupervised mail, email, text messages, and telephone calls						
<input type="checkbox"/> I can tell a provider I have the right to have visitors over to my home when I desire and to have privacy to meet with visitors						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I can tell a provider I have the right to make decisions about my daily routine and activities						
<input type="checkbox"/> I can tell a provider I have the right wake up and go to bed when I want to						
<input type="checkbox"/> I can tell a provider I have the right to choose what I want to eat and drink						
<input type="checkbox"/> I can tell a provider I have the right to do things outside of my home						
<input type="checkbox"/> I can change provider agencies if I'm not satisfied with the one I have						
<input type="checkbox"/> I can change Support Coordination agencies if I'm not satisfied with the one I have						
<i>SELF-DETERMINATION & SELF-ADVOCACY SKILLS in Other Ways</i>						
<input type="checkbox"/> I can say no when I don't want to do something or someone requests me to do something inappropriate						
<input type="checkbox"/> I can recognize and report abuse, neglect, or danger to family, school, or police						
<input type="checkbox"/> I can negotiate respectfully						
<input type="checkbox"/> I know how to express an idea, question or feeling						
<input type="checkbox"/> I let others know what I need						
<input type="checkbox"/> I know how to arrange for a sign language or other interpreter, if needed						

Section 3—Keeping a Healthy Body



For the majority of people, cleanliness is an important issue; poor hygiene is unhealthy and unacceptable. Good hygiene includes regular and thorough washing of your body, hair, and hands, as well as brushing and flossing teeth and caring for your gums. Personal care tasks may also include applying deodorant, dressing, undressing, and using proper hygiene methods for toileting.

Adults with disabilities may have difficulties maintaining their personal hygiene without reminders or assistance. Personal hygiene is a basic activity of daily living which is a vital life skill needed to be successful in life. Do you currently have a morning and evening routine? Do you get up, brush your teeth, brush your hair, get dressed, and eat breakfast by yourself?

A person needs to maintain hygiene not just for the sake of their own health. Sadly, people are judged daily and your hygiene is also judged. Therefore, it's important to take care of yourself for social reasons. Additionally, you are exposed to other things that can impact your hygiene, like dust, pollution, traffic fuels, and cigarette smoke among other things.

What about clothing? Your clothing becomes unpleasant and dirty at the end of the day as it is worn the entire day. Sweat begins to make a person's body sticky, resulting in dust and dirt sticking to your body. These are reasons why you want to wear clean clothes every day.

Speaking of your clothing, who currently washes your clothes? If a family member currently washes your clothes, who will wash your clothes, fold them, and put them away when you live alone? If these are things that your family is still doing for you, it's time to start practicing what you are capable of doing. You need to be able to demonstrate that you can take care of yourself. Taking care of your clothes isn't a science, but you need to know how to handle stains, when to use or not use bleach, and the importance of sorting laundry.

Your overall appearance and hygiene are important to your self-esteem. If your body and clothes are clean, people will be more willing to be around you. If you smell or wear dirty clothes, others may avoid you and instead of making friends, you may be more isolated.

Resources

Personal Hygiene Video

<https://www.youtube.com/watch?v=jQ2e0KH5Wrl>

Independent Living Skills - Laundry Day Video

<https://www.youtube.com/watch?v=ETHqsHhLx2c>

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
PERSONAL HYGIENE SKILLS						
<input type="checkbox"/> I am able to follow a morning routine						
<input type="checkbox"/> I am able to follow an evening routine						
<input type="checkbox"/> I am able to turn on and off the water in my bathtub/shower						
<input type="checkbox"/> I know what knob is hot water and what knob is cold water						
<input type="checkbox"/> I know how to regulate the cold and hot water to safely bathe						
<input type="checkbox"/> I am able to safely get in and out of the bathtub/shower						
<input type="checkbox"/> I know how much water to put into the bathtub if I'm taking a bath						
<input type="checkbox"/> I am able to bathe myself properly						
<input type="checkbox"/> I am able to correctly wash my hair with shampoo, including rinsing the shampoo out						
<input type="checkbox"/> I am able to properly dry off my body						
<input type="checkbox"/> If taking a bath, I am able to drain water from tub						
<input type="checkbox"/> I am able to shave						
<input type="checkbox"/> I can identify my toothpaste and am able to put it on my toothbrush						
<input type="checkbox"/> I am able to brush and floss teeth correctly and regularly						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I can recognize a tooth issue						
<input type="checkbox"/> I am able to dry my hair						
<input type="checkbox"/> I am able to brush or comb my hair						
<input type="checkbox"/> I am able to safely use small appliances designed for hair						
<input type="checkbox"/> I am able to apply deodorant daily						
<input type="checkbox"/> I am able to apply skin care products as instructed						
<input type="checkbox"/> I know when I need to use the toilet						
<input type="checkbox"/> I am able to use the toilet						
<input type="checkbox"/> I am able to properly clean myself after I use the toilet						
<input type="checkbox"/> I am able to do self-catheterization, if needed						
<input type="checkbox"/> I am able to change my incontinence products						
<input type="checkbox"/> I know if my clothes are dirty						
<input type="checkbox"/> I know if my clothes don't fit						
<input type="checkbox"/> I know how to match my clothes						
<input type="checkbox"/> I understand and can choose weather appropriate clothing						
<input type="checkbox"/> I know how to dress for different occasions						
<input type="checkbox"/> I am able to dress myself						
<input type="checkbox"/> I am able to apply lotion to my body as needed						
<input type="checkbox"/> I am able to trim my fingernails						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I am able to trim my toenails						
<input type="checkbox"/> I am able to take care of my own menstrual period needs, if applicable						
SELF-CARE SKILLS - Waking Up						
<input type="checkbox"/> I am able to set my alarm clock or other device						
<input type="checkbox"/> I am able to turn off my alarm clock or other device						
<input type="checkbox"/> I able to use the snooze option on my alarms						
<input type="checkbox"/> Once I get out of bed, I am able to stay up						
SELF-CARE SKILLS - Laundry						
<input type="checkbox"/> I am able to sort my clothing by color						
<input type="checkbox"/> I know what needs to be washed in cold water						
<input type="checkbox"/> I know how to apply stain remover						
<input type="checkbox"/> I know how and when to use bleach						
<input type="checkbox"/> I am able to use fabric softener						
<input type="checkbox"/> I am able to read clothing labels and know how each clothing item needs to be washed						
<input type="checkbox"/> I am able to operate a washing machine and use correct settings						
<input type="checkbox"/> I am able to operate a dryer and use correct settings						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I am able to iron clothes						
<input type="checkbox"/> I am able to fold, hang up, and put away clothes						
<input type="checkbox"/> I am able to fold and put away towels and linens						
<input type="checkbox"/> I am able to reach everything to hang up and put away my things						
<input type="checkbox"/> I can budget for haircuts, nail care and spa treatments I wish to use						

Section 4 - My Healthcare



Transitioning from childhood to adulthood is exciting. However, in health care transition, the process of moving from pediatric to an adult model of care is often the most challenging of all transition topics. The main difference between pediatric and adult health care is that you are the person communicating with the doctor about your health, not your parents. You are also the one making decisions about your health. Of course, you can ask your parents for help in making decisions, but it is you who make the final decisions.

By 16 you should be doing the following:

- Making doctor’s appointments, seeing the doctor alone, asking the doctor any question you have, and refilling medications.
- Asking the doctor to talk with you about your privacy rights when you turn 18.
- Working with your doctor to make a medical summary.
- Figuring out if you need help making health care decisions before you turn 18 and become a legal adult. If you do need help, you’ll need to decide who will support you.
- Talking to your parents/caregiver about the age you want to transfer to a new doctor for adult care. Some adult doctors will see patients at 16.
- Speaking to your pediatrician about recommendations if you can’t find a new adult doctor.

Health care is just one of the many changes that will occur for you as you grow up. Understanding your own health care needs and how to navigate health care will help to set you up for a successful transition into adulthood.

Resources

Turning 18 – What it Means for Your Health by GotTransition.org

<https://www.gottransition.org/resource/?turning-18-english>

Planning to Move From Pediatric to Adult Care Differences by GotTransition.org

<https://www.gottransition.org/resource/?pediatric-vs-adult-care-differences>

Questions to Ask Your Doctor About Transitioning to Adult Health Care

<https://www.gottransition.org/resource/?hct-questions-ask-doctor-youth>

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
HEALTH CARE SKILLS at Home						
<input type="checkbox"/> I know my doctor(s) name(s)						
<input type="checkbox"/> I have or can find my doctor's phone number						
<input type="checkbox"/> I am able to make my own doctor appointments						
<input type="checkbox"/> I am able to keep track of my doctor appointments						
<input type="checkbox"/> I am able to use glasses or contact lenses independently						
<input type="checkbox"/> I am able to use hearing devices independently						
<input type="checkbox"/> I know my food allergies						
<input type="checkbox"/> I can recognize and describe symptoms of colds, flu, and other common health problems						
<input type="checkbox"/> I am able to use commonly used first aid items						
<input type="checkbox"/> I am able to take my own temperature using a digital thermometer						
<input type="checkbox"/> I know what to do for a minor cut, burn or splinter						
<input type="checkbox"/> I can maintain my medical information including immunization records						
<input type="checkbox"/> I recognize and can make correct use of over-the-counter drugs for pain, upset stomach, diarrhea, fever, cold/allergy, etc						
<input type="checkbox"/> I can nurse myself through a cold or flu						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I know I can change doctors if I am not happy with my current doctor						
HEALTH CARE SKILLS at Doctor						
<input type="checkbox"/> I can check in at the front desk of a doctor's office						
<input type="checkbox"/> I can provide my doctor with a copy of my insurance and ID						
<input type="checkbox"/> I can communicate openly with my doctors and other medical providers						
<input type="checkbox"/> I can go into a doctor's examination room alone						
<input type="checkbox"/> I am able to explain to the doctor why I am there						
<input type="checkbox"/> I can talk to my doctor about birth control options						
<input type="checkbox"/> I can tell a new doctor all the prescription medication I take and why						
<input type="checkbox"/> I can tell a new doctor all the over-the-counter medication I take and why						
<input type="checkbox"/> I can tell a new doctor any food allergies I have						
<input type="checkbox"/> I can tell a new doctor any medicine allergies I have						
HEALTH CARE SKILLS at Pharmacy						
<input type="checkbox"/> I know the name of the pharmacy that fills my prescriptions						
<input type="checkbox"/> I know the phone number and location of my pharmacy						
<input type="checkbox"/> I know the names of the prescription medicines I take						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I know the names of the over-the-counter medicines I take						
<input type="checkbox"/> I am able to refill a prescription						
<input type="checkbox"/> I can read and understand medicine bottle directions						
<input type="checkbox"/> I can recognize my prescription medication						
<input type="checkbox"/> I recognize my over-the-counter medicine and vitamins						
<input type="checkbox"/> I know when to take my own medication						
<input type="checkbox"/> I know to never take other people's medication						
<input type="checkbox"/> I know my medicine allergies						
<input type="checkbox"/> I am able to open childproof containers						
<input type="checkbox"/> I know how to check to see if my medication is expired						
<input type="checkbox"/> I know how the correct way to dispose of old or expired medication						
HEALTH CARE Knowledge						
<input type="checkbox"/> I understand sex can lead to pregnancy						
<input type="checkbox"/> I understand the risks of pregnancy and sexually transmitted diseases						
<input type="checkbox"/> I understand the risk of drug and alcohol abuse						
<input type="checkbox"/> I understand preventative health measures like healthy eating, exercise, etc						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I understand the importance of medical insurance						
<input type="checkbox"/> I know that drugs, alcohol, and tobacco may be harmful to my health						
<input type="checkbox"/> I can identify the different parts of my body						
<input type="checkbox"/> I know where to go for emergency health care						
<input type="checkbox"/> I know when I need emergency health care						

Section 5 - Cooking and Eating Healthy

Cooking and eating are essential life skills that every adult needs to have in order to live independently. You don't need to be a chef, but you should have some basic cooking skills. Cooking should be fun, not overwhelming or stressful. Every kitchen needs to be equipped with certain items. You don't need the fanciest or most expensive things, but you do need some basic items. Keep in mind that with whatever you purchase, you'll probably need to pick it up, move it, and clean it. A large mix master mixer is very heavy, so think before you buy. Some basic kitchen items include:

- | | |
|---|---|
| <input type="checkbox"/> Pots & Pans | <input type="checkbox"/> Cooking Utensils |
| <input type="checkbox"/> Measuring Cups | <input type="checkbox"/> Measuring Spoons |
| <input type="checkbox"/> Cutting Board | <input type="checkbox"/> Plates & Bowls |
| <input type="checkbox"/> Baking Pans | <input type="checkbox"/> Peeler |
| <input type="checkbox"/> Mixing Bowl(s) | <input type="checkbox"/> Spoons & Forks |
| <input type="checkbox"/> Mixing Spoons | <input type="checkbox"/> Can opener |
| <input type="checkbox"/> Storage Containers | <input type="checkbox"/> Knives |
| <input type="checkbox"/> Colander | <input type="checkbox"/> Baking Dishes |

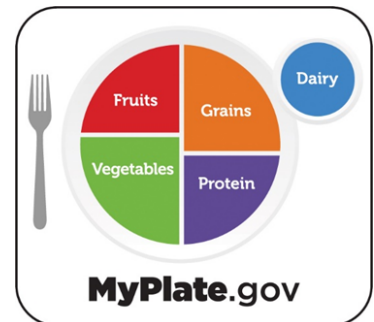


There may be other items you would like to have, but the above are basics.

Healthy Meals

Eating healthy is a life-long process that requires a lot of discipline. It's especially important for people with disabilities because your disability can play a big role in your ability to stay well. Therefore, you want to provide your body with proper nutrition. The reality is that many people with a disability are also overweight.

The United States Department of Agriculture offers some great resources on their MyPlate Plan website at myplate.gov. You can even get customized plans to maintain a healthy weight. They recommend the following:



Fruits – Focus on whole fruits. Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, frozen, canned, or dried/dehydrated, and may be whole, cut up, pureed, or cooked. At least half of the recommended amount of fruits should come from whole fruit rather than juice.

Vegetables – Any vegetable or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Grains – Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. This includes bread, pasta, breakfast cereals, grits, tortillas, popcorn, rice, and oatmeal. Grains are divided into 2 subgroups: whole grains and refined grains. You will need to check the ingredient labels on food to know which ones are whole grain. Make half of your grains whole grains.

Proteins – All foods made from seafood, beef, pork, chicken, turkey, lamb and eggs are protein. Certain beans, peas, lentils, nuts, seeds and soy products are also part of the protein group. Eat a variety of protein and keep your beef, pork and chicken at 93% lean.

Dairy – All milk, yogurt, cheese, lactose-free milk, fortified soy milk and yogurt are dairy foods. It does not include foods made from milk that have little calcium and high-fat content, such as cream cheese, sour cream, cream, and butter. It's best to use low-fat or fat-free dairy milk or yogurt.

Other Tips on Healthy Eating – Limit added sugar, saturated fats, and sodium (salt).

Before you can cook, you must first purchase food. Going to the grocery store can be overwhelming for some people. Some stores are really big and have lots of choices. You can easily get distracted with items you didn't intend to buy, but suddenly ended up in your basket – well, because it looked too tempting to pass up. This can be budget busters and you really need to stay focused while grocery shopping. It's best to make a list of what you need; this will help you stay focused while shopping. You can order groceries online and have them delivered, too. Just be aware they usually mark up the groceries to cost a little bit more to cover the cost of delivery.

Many young people decide the solution for grocery shopping and cooking is to just get take-out food, have a pizza delivered, or go out to a restaurant and eat. Chances are you'll be on a tight budget and doing this will be a treat and require you to save a little money. Most people cannot afford to eat out every day. You won't be able to afford to do this, either. In addition to the cost of the meal, you have to pay taxes, tips, and sometimes delivery fees.

Finally, many individuals live on a very tight budget and may experience food insecurity. This is especially true for individuals with disabilities who are on a fixed income. Sometimes it's due to lack of income, but other times it's due to making poor budget choices. In addition to Louisiana SNAP benefits (food stamps), we have many food banks and pantries in communities that could help out when needed.

Resources	
My Plate by U.S. Department of Agriculture	http://www.myplate.gov/
The New Nutrition Facts Label by U.S. Food & Drug Administration	https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label
New Era of Smarter Food Safety	https://www.fda.gov/food/new-era-smarter-food-safety
Louisiana SNAP Website	http://www.dcfsls.la.gov/page/93
Why Hunger Food Book & Pantry Search	http://www.whyhunger.org/find-food/

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
KITCHEN KNOWLEDGE						
<input type="checkbox"/> I know the name and purpose of each appliance in the kitchen						
<input type="checkbox"/> I know the name and use of each cooking utensil						
<input type="checkbox"/> I am able to use a stove safely						
<input type="checkbox"/> I am able to use a microwave						
<input type="checkbox"/> I know what not to put in a microwave						
<input type="checkbox"/> I am able to use commonly found small appliances like a can opener, toaster, toaster oven, coffee maker, and mixer						
<input type="checkbox"/> I know what pots can go on the stove						
<input type="checkbox"/> I know what pots, pans, and bakeware can go into the oven						
<input type="checkbox"/> I have a specialized diet and know how to follow it						
<input type="checkbox"/> I know my food allergies						
FOOD PREP SKILLS						
<input type="checkbox"/> I wash my hand before preparing food						
<input type="checkbox"/> I can wash fruits and veggies before eating or using them						
<input type="checkbox"/> I can measure out food with measuring cups, spoons and scales						
<input type="checkbox"/> I know measurement conversions or how to find them						
<input type="checkbox"/> I can use a peeler						







Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I can use a sharp knife safely						
<input type="checkbox"/> I can follow recipe directions						
<input type="checkbox"/> I can read and follow directions on food packages						
<input type="checkbox"/> I know if certain foods should be served hot or cold						
<input type="checkbox"/> I know how to check expiration dates on foods						
<input type="checkbox"/> I can recognize foods that are spoiled						
COOKING SKILLS						
<input type="checkbox"/> I know cooking terminology like al dente, bake, beat, boil, fillet, fry, sauté, and steam						
<input type="checkbox"/> I know fruits						
<input type="checkbox"/> I know vegetables						
<input type="checkbox"/> I know grains						
<input type="checkbox"/> I know proteins						
<input type="checkbox"/> I know dairy items						
<input type="checkbox"/> I know fats						
<input type="checkbox"/> I understand what makes up a healthy meal						
<input type="checkbox"/> I have cooked breakfast						
<input type="checkbox"/> I have cooked lunch						
<input type="checkbox"/> I have cooked dinner						
GROCERY SKILLS						
<input type="checkbox"/> I can plan healthy meals						
<input type="checkbox"/> I can make a weekly menu for meals						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I can make a grocery list from a weekly menu						
<input type="checkbox"/> I can create a menu to fit my budget						
<input type="checkbox"/> I can check off items from my grocery list while shopping						
<input type="checkbox"/> I am able to maneuver a grocery cart around the store						
<input type="checkbox"/> I can make price comparisons for the best deals						
<input type="checkbox"/> I know how to read labels						
<input type="checkbox"/> I know the difference between healthy and unhealthy foods						
<input type="checkbox"/> I have a plan if the store is out of something I need						
<input type="checkbox"/> I understand perishable foods						
<input type="checkbox"/> I can cut out coupons						
<input type="checkbox"/> I know how to use coupons						
<input type="checkbox"/> I can pay the cashier						
ENTERTAINING GUEST						
<input type="checkbox"/> I can create a menu appropriate for the event						
<input type="checkbox"/> I can adjust a recipe size for the number of guests						
<input type="checkbox"/> I can ask to borrow additional dishes and utensils I might need						
<input type="checkbox"/> I know the proper way to greet guests						
<input type="checkbox"/> I know to offer guests a drink						
<input type="checkbox"/> I am able to set a table						
<input type="checkbox"/> I know to thank guests for coming over						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
EATING OUT						
<input type="checkbox"/> I understand I can only eat out if my food budget allows for it						
<input type="checkbox"/> I can order food from a menu						
<input type="checkbox"/> I can ask for an accessible menu or help if I need it						
<input type="checkbox"/> I can use appropriate table manners in a sit-down restaurant						
<input type="checkbox"/> I know how to ask for a "to-go" container for leftovers						
<input type="checkbox"/> I understand how to tip food servers						
<input type="checkbox"/> I know how to pay server or cashier						
FOOD INSECURITY						
<input type="checkbox"/> I know how to apply for SNAP benefits						
<input type="checkbox"/> I can make a list of food pantries that I can get to						
<input type="checkbox"/> I know to call a family member or friend if I'm hungry and can't locate food						

8 Steps to Meal Planning

Doing these 8 things will help you plan meals around the food you already have. It will help you keep from wasting food and will keep costs down. **Check out myplate.gov/myplate-kitchen/recipes-for-great-recipes.**

<p><u>Step 1</u></p>	<p><u>Step 2</u></p>	<p><u>Step 3</u></p>	<p><u>Step 4</u></p>
			
<p>Look in your freezer, cabinets, and fridge. You can save money by using these items to cook in the next week.</p>	<p>It's helpful to write out your meals for the week. Include breakfast, lunch, dinner, and snacks.</p>	<p>Find new ideas for healthy and low-cost meals based on what you have on hand, foods you enjoy, and good buys. Visit My Plate Kitchen.</p>	<p>Choose meals you can easily prepare when you're short on time. Save ones that take longer for days off or when family members are there to help.</p>
<p><u>Step 5</u></p>	<p><u>Step 6</u></p>	<p><u>Step 7</u></p>	<p><u>Step 8</u></p>
			
<p>Think about making more food at one time. Keep extra food for another meal.</p>	<p>Make a grocery list by store section or food groups to make shopping quick and easy.</p>	<p>Keep a list of foods you need on your fridge or use an app.</p>	<p>Plan for a mix of fresh, frozen, and shelf-stable foods in your meals. Eat your fresh food first so it doesn't go bad.</p>

Weekly Menu Planning

Menu for Week of _____

<u>Day</u>	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snack</u>
<i>Sunday</i>				
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				

Grocery List



Fruits	Vegetables	Proteins	Grains
•	•	•	•
•	•	•	•
•	•	•	•
•	•	•	•
•	•	•	•
•	•	•	•
•	•	•	•



OTHER FOODS

Dairy	Junk Food	Spices	Other
•	•	•	•
•	•	•	•
•	•	•	•
•	•	•	•
•	•	•	•
•	•	•	•
•	•	•	•

Fruits



Vegetables



Grains				
				
				

Proteins



Dairy



Spices



Junk Food



Other



Section 6—Helpful Tech

Knowing about smart devices

Knowing how to use things like smartphones, tablets, and laptops has become a big skill to have. For most jobs now you need to know how to use them. People with a disability should begin to learn early, especially if they use a different way to speak. If you do not know how to use a smart device, ask your parents and teachers to put that on your transition plan. That may be the biggest skill you need to help you live on your own.



Smart Home Convenience

Thanks to the computer age, life has become super quick. You can buy stuff online or talk to family and friends across the world. And you can control a lot of different things at home with a single smartphone or tablet. One of the largest new groups of people to use this hi-tech is people with disabilities. There are many items you can purchase that are called “Smart.” All together we refer to them as smart home devices. If you connect these devices together through the internet, it creates a smart home.

When gadgets can talk to each other, it can be life-changing for people with disabilities. A smart home gives you control. These devices can help you enjoy living on your own while easing the worries of your loved ones.

Think about getting all comfy in bed then you remember you forgot to turn down the a/c. Now think about reaching for your phone and changing the a/c without having to get out of bed. While you are at it, you can set your alarm to wake you up and also turn on your porch light. Smart gadgets have made life easier for people with disabilities. People that might not have ever thought they could live outside their family home now have ways to stay safe and live on their own.

Smart Home Safety

Safety means different things to different people. You might want to be safe from someone breaking in or you might be afraid of leaving your stove on. No matter what it is, smart home tech can help give you and your family peace of mind. Smart tech can alert you and your family if there is a burglar in your home or if you left the stove on. It can tell you if there is a water leak. It can even let you unlock the door for someone if you want.

TIP!

If you need financial assistance to pay for some of the smart devices you will need, contact your Support Coordinator to request funding from the Individual Family Support program at your regional human services authority or district.

There is no doubt that smart home gadgets have made life easier for people with disabilities. High tech will give you more control over how you will live and let you do more on your own.

<i>Examples of Smart Home Gear</i>	
<input type="checkbox"/> Smartphone or Tablet	<input type="checkbox"/> Smart TV
<input type="checkbox"/> Security Cameras	<input type="checkbox"/> Medical Alert System
<input type="checkbox"/> Smart Locks	<input type="checkbox"/> Video Doorbells
<input type="checkbox"/> Smart Sensors	<input type="checkbox"/> Voice Assisted Technology
<input type="checkbox"/> Leak Sensors	<input type="checkbox"/> Smart Thermostats
<input type="checkbox"/> Smart Plugs	<input type="checkbox"/> Smart Lights
<input type="checkbox"/> Door Sensors	<input type="checkbox"/> Motion Sensors

Remote supports can allow family or friends to check in on you and support you when they're not there. It can also help you check in with them. Remember, it is your choice what tech you use and how it is set up to meet your goals. Remote support should not invade your privacy.

<i>Some Ideas for Remote Supports</i>	
<input type="checkbox"/> Remote checking of health vitals	<input type="checkbox"/> Remote alerts when meds are taken
<input type="checkbox"/> Remote control of a/c and heat	<input type="checkbox"/> Remote alerts when you leave or come home
<input type="checkbox"/> Remote check-ins from family or friends	<input type="checkbox"/> Remote control of door lock and making a virtual key
<input type="checkbox"/> Remote talking to visitors outside the door	<input type="checkbox"/> Remote alerts of hazards in the home (like smoke, fire, gas, leaks, etc.)
<input type="checkbox"/> Remote alert of a break in	<input type="checkbox"/> Remote view inside of home
<input type="checkbox"/> Remote view of the outside of home	<input type="checkbox"/> _____

Feeling safe is one of the biggest things in a person's life. It gives people a chance to enjoy their lives without the fear that they could be harmed. To make yourself safe at home you have to do some things in advance. You have to plan and make goals to build your confidence. You may not be safe all the time anyway. But there are things you can do to protect yourself most of the time.

Here are some ideas you and your family could use to make the most of your safety. Talk with your family and friends about how to handle yourself when you are out.

- Always be aware of who and what is around you. If something feels odd, it probably is.
- Know where you live and if there are different ways to get home if you don't feel good about going home the normal way.
- Always keep your cell phone on you with phone numbers and family contacts listed as favorites.
- Talk to others with boldness. It will make you less likely to be a victim.
- Know who you can and cannot talk about money matters with outside of your family.
- Check your home for things like faulty locks, broken windows, windows with no locks, etc.
- Always make what you want and don't want to be known in relationships. It's up to you to set limits.
- Be okay with saying NO.
- Don't be afraid to yell or make noise to get attention if you feel afraid or unsafe.
- If you don't talk, have someone else record a message on your phone that you can play to say you feel unsafe and need help.

Internet Safety

Keeping yourself safe is about your mind's well-being as well as your body's well-being. You also want to keep your money safe as well as all your things. The internet is full of people who would love to get hold of your money or make you feel unsafe.



The internet can help make people with and without disabilities more alike in many ways. It can help connect people and make you feel less alone. There are some big issues that come with being on the internet though. You need to weigh the good against the bad and decide how much about yourself you want to tell on the internet.

Some good things about the internet include learning things and connecting with other people. The internet can be fun and give you things to do. It can also help you be more self-sufficient.

There are also bad things about the internet. You could be bullied online, or see things that are not appropriate. Strangers could get in touch with you, or someone could get you to do things you shouldn't do. You might share too much of your private information, or buy something when you didn't mean to.

Here are some good internet tips:

- Do not share personal information with anyone online. This includes your name, address, phone number, date of birth, age, etc.
- Do not give away bank account numbers or credit card numbers to anyone online.
- Do not share photos of yourself online.
- Never invite anyone to your home.
- Never agree to meet anyone.
- Block people that send you inappropriate things or keep asking you for private information.
- Remember, it doesn't matter how many times you may have chatted with someone online, if you and your family have never met them in person, they are still strangers.

Resources

Fully Accessible Guide to Smart Home Tech by ZD Net

<https://www.zdnet.com/home-and-office/smart-home/fully-accessible-guide-to-smart-home-tech-for-the-disabled-and-elderly/>

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
DIGITAL LITERACY SKILLS						
<input type="checkbox"/> I have a smartphone						
<input type="checkbox"/> I know how to use my smartphone						
<input type="checkbox"/> I have a smart tablet or computer						
<input type="checkbox"/> I know how to use a communication device						
<input type="checkbox"/> I have an email address						
<input type="checkbox"/> I know how to check my email						
<input type="checkbox"/> I know how to send an email						
<input type="checkbox"/> I know how to get on the internet						
<input type="checkbox"/> I know not to share personal information on the internet						
<input type="checkbox"/> I actively use social media						
<input type="checkbox"/> I know how to purchase things online						
<input type="checkbox"/> I can recognize spam						
<input type="checkbox"/> I can use a word processing program						
<input type="checkbox"/> I know how to download programs						
<input type="checkbox"/> I can renew things online						
<input type="checkbox"/> I can change my digital password						

Smart Home Self-Assessment

Use this list as a guide to finding out what support you will need to live on your own or mostly on your own with some help from family or friends. Check off all the items where you think you will need or want support. Use the blank lines to add things that are not listed.

Communication	
<input type="checkbox"/> Make Calls (Voice/Video)	<input type="checkbox"/> Send messages (Voice/Text)
<input type="checkbox"/> Intercom between rooms	<input type="checkbox"/> Make announcements throughout the house
<input type="checkbox"/> Send and receive email	<input type="checkbox"/> _____



Control of Environment	
<input type="checkbox"/> Turn on and off lights	<input type="checkbox"/> Turn on and off fans
<input type="checkbox"/> Make Coffee	<input type="checkbox"/> Adjust thermostat
<input type="checkbox"/> Open and close exterior door	<input type="checkbox"/> Open and close interior doors
<input type="checkbox"/> Open and close blinds	<input type="checkbox"/> _____

Entertainment	
<input type="checkbox"/> Listen to podcasts, music, and/or audiobooks	<input type="checkbox"/> Get the news
<input type="checkbox"/> Hear jokes	<input type="checkbox"/> Watch cable television
<input type="checkbox"/> Play video games	<input type="checkbox"/> Stream TV, movies and/or content



Personal Assistant/Organization/Productivity	
<input type="checkbox"/> Find and follow recipes	<input type="checkbox"/> Order house supplies and/or groceries
<input type="checkbox"/> Make shopping lists	<input type="checkbox"/> Create reminders
<input type="checkbox"/> Manage "to-do" list	<input type="checkbox"/> Set Alarms
<input type="checkbox"/> Manage your calendar	<input type="checkbox"/> Search the internet
<input type="checkbox"/> Manage your bank account	<input type="checkbox"/> Check the date and time
<input type="checkbox"/> Check the weather	<input type="checkbox"/> Check public transportation schedule
<input type="checkbox"/> _____	<input type="checkbox"/> _____





Telehealth and Health Monitoring

<input type="checkbox"/> Make video/phone calls with your doctor	<input type="checkbox"/> Monitor your vitals (weight, blood pressure, blood glucose levels, etc.)
<input type="checkbox"/> Organize your medication	<input type="checkbox"/> Set reminders to take medication
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Safety and Security

<input type="checkbox"/> Operate locks on the doors	<input type="checkbox"/> View outside or inside the property remotely
<input type="checkbox"/> See who is at the door	<input type="checkbox"/> Detect hazards (smoke, fire, carbon monoxide)
<input type="checkbox"/> Call police, fire, or other emergency services 9-1-1	<input type="checkbox"/> Call or message emergency contacts (family, friends, caregivers)
<input type="checkbox"/> Detect intruders	<input type="checkbox"/> Monitor appliances (stove left on, water leaks, etc.)
<input type="checkbox"/> _____	<input type="checkbox"/> _____



Section 7—Being Safe



Safety is one of the biggest hurdles for people with disabilities who want to live on their own. Because most people want to live completely on their own or at least with less help, safety is a big issue. It is a good idea to have someone look over your new home and think about any hazards or safety issues they see before you move in. You can't fix them if you don't know about them!

Safety can include many different things, like being safe from burglars, fires, or storms. It can also mean not being taken advantage of or having your identity stolen. Calling 9-1-1 all the time would cause problems. You certainly want to call

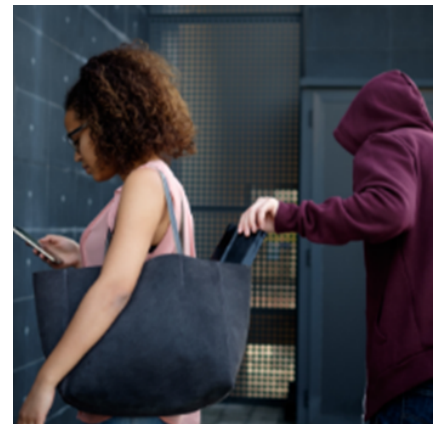
them when you need them, but it's not their job to come out every time you are worried something may be wrong. You will need the skills to know when you have a valid safety concern where you should call 9-1-1.

Being safe is often about paying attention to what you are doing and who is around you. Most safety concerns can be erased if you think ahead. For example, when you come home you should lock your door first thing. If you don't plan on going out again, you may forget to lock it later. Plus, anyone can walk into your home when your door is unlocked. After the sun sets, it's also a good idea to close your curtains or blinds. This way anyone walking by cannot see into your home.

If you are cooking, your mind should be on cooking. Don't go into another room to watch a little TV. What happens if you forget? Something may burn – but you could also start a fire.

Thanks to tech, it's easier than ever to be safe. But in many ways, you are more exposed than ever. Sadly, there are people that spend their entire day on the internet trying to find easy victims to steal from or harm in other ways.

It's hard for some people to remember with whom they can share what information. You may have been taught not to give anyone your social security number or address over the phone. But then you need to make a doctor's appointment and these are things they may ask. You need to work with your family to set basic rules on who can have what info.



Some families act out different things that could happen when you give out the wrong info. This might help you remember who you can and who you shouldn't give info to. This could be a fun and easy way to know what could happen when you give personal information to the wrong person.

You need to be able to show your family that you know how to be safe. If you can't, living on your own will be very stressful for you and your family. The last thing you want to do is move out and have your family and friends worry about you all the time.

Resources

How to Use a Fire Extinguisher

<https://www.youtube.com/watch?v=cv7yPN2KjOs>

National Fire Protection Association Tips Sheets

<https://www.nfpa.org/Public-Education>

American Red Cross Safety Tips

<https://www.redcross.org/>

U.S. Department of Justice – Online Safety

<https://www.ojp.gov/feature/internet-safety/online-safety-youth>

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
SAFETY FROM INTRUDERS						
<input type="checkbox"/> I am able to use a key to lock and unlock my door						
<input type="checkbox"/> I am able to lock and unlock my windows						
<input type="checkbox"/> I am able to close my curtains and/or blinds						
<input type="checkbox"/> I am able to look through my peephole before opening the door						
<input type="checkbox"/> I know not to open the door to strangers						
<input type="checkbox"/> I know the function of police, fire and EMT services						
<input type="checkbox"/> I can state my home address and phone number.						
<input type="checkbox"/> I am able to call 9-1-1						
SAFETY FROM FIRES						
<input type="checkbox"/> I know where a fire extinguisher is located						
<input type="checkbox"/> I am able to use a fire extinguisher						
<input type="checkbox"/> I know the purpose of a smoke detector and when to have batteries changed						
<input type="checkbox"/> I can properly dispose of cigarettes and ashes						
<input type="checkbox"/> I have been trained on how to exit my home in the event of a fire						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I know that using electrical appliances or items incorrectly can cause fires						
<input type="checkbox"/> I understand basic fire prevention (No smoking in bed, avoid excessive use of extension cords, don't use frayed electrical cords, careful of grease popping out of the pan)						
<input type="checkbox"/> I understand that different types of fire are extinguished using different things						
<i>SAFETY FROM WEATHER</i>						
<input type="checkbox"/> I know when I need to evacuate due to weather						
<input type="checkbox"/> I know where the safest place is in my home in the event of a tornado warning						
<input type="checkbox"/> I know to stay inside when it's lightning						
<input type="checkbox"/> I know to keep my cell phone charged in the event of power outages						
<input type="checkbox"/> I know to keep a working flashlight with batteries in the event of power outages						
<input type="checkbox"/> I do not use candles during power outages						
<input type="checkbox"/> I can recognize the smell of gas						
<input type="checkbox"/> I know when to call 9-1-1						
<input type="checkbox"/> I know when I need to change computer passwords						
<i>SAFETY IN MY COMMUNITY</i>						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I am able to safely navigate around my neighborhood (using sidewalks, crossing streets, etc.)						
<input type="checkbox"/> I know my vulnerabilities						
<input type="checkbox"/> I know to be aware of strangers acting suspiciously						
<i>SAFETY FROM INTERNET</i>						
<input type="checkbox"/> I know how to protect all of my digital passwords						
<input type="checkbox"/> I know how to protect all of my PIN numbers						
<input type="checkbox"/> I know how to protect all of my digital usernames						
<input type="checkbox"/> I keep my debit and credit cards in a safe place						
<input type="checkbox"/> I do not leave my bank statements or credit card statements out where anyone can see them						
<input type="checkbox"/> I shred all my bills once they are paid						
<i>SAFETY FROM FRAUD</i>						
<input type="checkbox"/> I know who I can and cannot give my personal information to, like name, address, etc.						
<input type="checkbox"/> I do not share my social security number with anyone over the phone or in person						
<input type="checkbox"/> I do not share my credit card or debit card information with anyone over the phone						
<input type="checkbox"/> I do not let others use my debit or credit card						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<i>SAFETY FROM THE INTERNET</i>						
<input type="checkbox"/> I do not give out any personal information to anyone over the internet						
<input type="checkbox"/> I understand who I can and cannot trust on the internet						
<input type="checkbox"/> I do not share any internet usernames, passwords or pin numbers with anyone						
<input type="checkbox"/> I do not send pictures of myself to anyone over the internet						
<input type="checkbox"/> I understand what I should and should not share on Social Media						
<i>SAFETY FROM OTHER THINGS</i>						
<input type="checkbox"/> I can recognize the smell of natural gas and know what to do if I smell it						
<i>PERSONAL INFORMATION FOR SAFETY REASONS</i>						
<input type="checkbox"/> I am able to call 9-1-1						
<input type="checkbox"/> I can give my name						
<input type="checkbox"/> I can give my address						
<input type="checkbox"/> I can explain why I'm calling 9-1-1						

Section 8—Building Good Relationships



Everyone likes to have good friends, and take part in activities and hobbies that make life fun. You might like sports, music, art, or riding horses. Knowing how to act properly and how others may act will help you be confident about fitting in while still being yourself.

Friends are important for many reasons. Friends support each other and are willing to see things from the other's point of view. They help you with things and give you advice when you need it. Friends choose each other and remain close during the good times and the not-so-good times. They can do things with you and just make any day more fun.

Your friends shouldn't just be other people with disabilities. Friendship should exist between people with and without disabilities. If you don't have a good friend, you need to look for things to do where you can meet new people. What types of events happen in your area where you can meet new friends? Think about joining a club or community group. You could attend a community event like a concert. You might find a place to volunteer to do something you enjoy. There are classes or groups through the library where you could meet to learn new things. Don't forget that you can make friends where you work, or get together with old friends you may not see much anymore.

While each friendship is unique, there are some shared ideas and expectations about what friendship means. These include:

Mutuality – You and the other person want to be friends. You can't force a friendship, it must be voluntary and a mutual desire of two people.

Commitment – Both people in a friendship have certain obligations to each other. If you want to *have* a good friend, you need to *be* a good friend. You commit to staying in touch, being there for each other, and working it out if you each want to do different things during your together time.

Privacy - Friends should be able to connect on a level where they can share confidential things with each other and expect it to stay between them.

Occasional Limitations – In general, friends don't place limits on each other. But some friendships end due to occasional snags. For example, you have a new friend you talk to every day. One day the friend tells you they can't talk to you because they have something else they need to do. You need to honor this request. It doesn't mean they don't want to be your friend. It just means they have something else going on and can't talk to you. But if you keep calling them on that day asking them to talk, that friendship might die before it has a chance to thrive.

Siblings and Family Relationships

The seeds of sibling and family relationships start sprouting from the time you are born. You will watch how each family member interacts with each other. You will also notice when you are included or excluded from family experiences. Your family should be involving you in age-appropriate activities and experiences on a regular basis. This creates memories that provide siblings with future opportunities to bond. Even if these activities or experiences aren't something you excel at, it's still important you are given the opportunity to participate. Not everyone is good at everything.

Families should regularly seek out opportunities to nurture sibling or family relationships. But families should

respect you as a person with a disability and ask you what you'd like to do too. One day your parents will no longer be living, and your siblings will be your closest family members. One of them may become your primary caregiver or support person. You will want to be part of that decision, and you will want someone you have a good relationship with. It's important that everyone understands the expectations in these relationships, but equally important is everyone enjoys spending time with each other.

Intimate Relationships

One day you might meet a new friend and really like that person a lot. You may want that person to be a boyfriend or girlfriend. You may even decide you want to marry them. These are often tough topics to discuss with your parents. Why? It may be partly because you are their child and partly because you have a disability. Let's face it: most parents aren't comfortable talking about these things with their typical children. Throw a disability in the mix, they may want to avoid the topic completely.

The day your parents realized you had a disability, they knew it was their job to keep you healthy and safe. They may have also been told all the things you wouldn't be able to do. They might have even mourned the life they had wanted you to have and at some point adjusted their goals for you. But here's the thing: parents have often been misled about what their children could accomplish. So have patience with them and help them understand how much you want to fall in love like everyone else.

To be in a romantic relationship you need to be somewhat mature. Not everyone can handle that. And you don't have to be a certain age to be ready, you just have to have your mind and heart on the right track. If things don't work out and you break up, it isn't always because of your disability. Lots of people without disabilities date and break up. Sometimes two people just aren't right for each other.

If your parents don't feel right talking about dating and marriage and sex with you, find another trusted family member or caregiver who does. Learning about these things is important, and you need to have someone you trust to talk to and ask questions. You should also always feel comfortable talking to your doctor and asking for resources.



How do you feel about yourself? Do you like yourself and feel confident? Research shows that people that have a low self-image tend to be very risky in relationships. You need to know what can happen if you engage in risky sexual behavior.

Resources

8 Ways to Make Friends When You Have a Disability

<https://www.endeavour.com.au/media-news/blog/8-ways-to-make-friends-when-you-have-a-disability>

Join the Families Helping Families Hangout Group

Email Steven at snguyen@fhfogn.org or call 800.766.7736

The Key to Finding Friendship When You Have a Disability	https://themighty.com/2018/03/making-friends-disability/
Love, Dating, Relationships, and Disability	https://www.easterseals.com/explore-resources/living-with-disability/love-dating-relationships-disability.html#dating
Online Dating When You Have a Disability	https://www.easterseals.com/explore-resources/living-with-disability/online-dating-when-you-have-a-disability.html
Breaking Past Fears of Dating	https://www.easterseals.com/explore-resources/living-with-disability/breaking-past-fears-of-dating.html

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
FRIENDSHIP SKILLS						
<input type="checkbox"/> I know how to greet someone and introduce myself						
<input type="checkbox"/> I understand the difference between gossip and sharing information						
<input type="checkbox"/> I understand that taking part in social activities can help me feel better about myself and improve my confidence						
<input type="checkbox"/> I know how to convey respect (saying thank you, not being rude, using an appropriate tone of voice)						
<input type="checkbox"/> I know how to convey honesty (being truthful, accepting personal responsibility for a mistake)						
<input type="checkbox"/> I can say no to my friends						
<input type="checkbox"/> I understand that there are social boundaries and these differ depending on the type of relationship (family, friend, work)						
<input type="checkbox"/> I can say no to a friend trying to sell me something I'm not interested in or cannot afford.						
<input type="checkbox"/> I know the difference between passive, aggressive, and assertive communication						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I know how to manage conflict and keep my cool and how to use questions to clarify or obtain information						
<input type="checkbox"/> I can identify and avoid relationships that may be dangerous or unhealthy						
<input type="checkbox"/> I understand that there are differences in cultures and religions and know how to find out more about my own						
DATING						
<input type="checkbox"/> I can be open about my disability						
<input type="checkbox"/> I can ask for the assistance I need while on a date						
<input type="checkbox"/> I can plan ahead of time to help make the date go smoother						
<input type="checkbox"/> I will not dwell on my disability						
<input type="checkbox"/> I can go out and just be myself and have fun						
<input type="checkbox"/> If the date doesn't go well, I will not blame my disability						
INTIMACY						
<input type="checkbox"/> I will not be pressured into an intimate relationship by anyone						
<input type="checkbox"/> I only want an intimate relationship with someone worthy of me and who treats me right						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I am able to say no, I will not do that						
<input type="checkbox"/> I am mature enough to handle my feelings, if my partner doesn't want to date me after we are intimate						

Potential Places to Make New Friends

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Dating Discussion Topics

☐ **Body Changes** - Depending on your age, your body might have already undergone some changes or might just be starting. As your body matures, your sexual thoughts and feelings increase. This is very normal.

- Is there anything you would like to discuss about body changes?

☐ **Personal Hygiene** – Have you ever gotten close to someone who didn't smell nice? If you did, I bet all you wanted to do was move further away. If you want a boyfriend or girlfriend, you should always be well groomed and clean. You never know where you might meet someone, so always look and smell nice.

- Is there anything you would like to discuss about personal hygiene?

☐ **Dating** – What type of qualities would you like in a boyfriend or girlfriend? They should be kind to you, respect you and make you feel good about yourself. If you feel like they are taking advantage of you, you probably don't want to be with them. If they are mean or say things to you that aren't nice, you should probably find someone else. You should also talk about what you think would be a good or bad date. Just because someone asks you out on a date doesn't mean you need to go.

- What type of qualities would you like in a boyfriend or girlfriend?

☐ **Feeling Desperate** – Some people want a boyfriend or girlfriend so bad they get frantic. They may decide to pick someone who doesn't have the qualities they said were important. As you date and get more mature, over time some of your ideas about relationships may change. But they should change because you have changed, and not because you are desperate.

- Do you ever feel desperate for a boyfriend or girlfriend? If so, why?

☐ **Public Displays of Affection (PDA)** – We've all seen it. It's the couple that thinks the world should know they are a couple. Too much PDA is very uncomfortable for others. Talk about what is and isn't appropriate PDA.

- Discuss what is and isn't appropriate PDA.

☐ **Consent** – Before having sex together, both people must give their consent. No one can force this on you and you can't force it on anyone else. If you feel pressured into doing something you don't want to do, then you need to let someone know and stop this relationship. Having sex without consent is rape.

- Discuss what consent means.
- Understand that you can say no.

Section 9 – Moving Out



Even if you are not ready to take the plunge and live on your own, you should still work on being as independent as possible. Doing things for yourself will make you less dependent on others to meet your basic needs. If you are seriously thinking about moving into your own place, you should know a few things.

There is usually a wait for an accessible place to live. Louisiana has a shortage of these types of properties. But thanks to discrimination laws, people can rent apartments or homes that only need reasonable changes. That can mean changes to the inside or outside of a unit as well as common areas. If the rental property received any federal help covered by both FHA and

Section 504, the owner must pay for the needed changes unless he or she can prove they can't afford it. All other properties without this federal assistance do not have to pay for any of the changes. In that case, the person moving in would need to cover the cost. These alterations are typically things like ramps, wider doorways, accessible showers, and shower bars.

Also, landlords expect tenants to keep their places clean. They also have to do things like change light bulbs and a/c filters and unclog minor clogs in the toilet and sink. Keeping your home clean means washing your dirty dishes daily. You will need to vacuum, sweep and mop your floors weekly. You need to clean your kitchen and bathroom weekly and keep things tidy. You also have to pay rent on time, every month. If you are using social security to help pay for rent and you know your check doesn't get to the bank until the 3rd of the month, you need to tell your landlord. Otherwise, you may have to pay late fees after the 1st of the month. If you think you do not make enough money to move out, you should contact Louisiana Housing Corporation about their Permanent Supportive Housing Program.



Moving out for the first time can be expensive. If you rent, you'll probably need to pay two months' rent upfront. You will also have to pay deposits for all of your utilities, like electric, gas, and water. You'll need to have some basic furniture, like a bed and some chairs and tables. Homes need things like bed linens, towels, pots, pans, plates, utensils, and glasses. You will need things like a vacuum cleaner, broom, a mop, and other cleaning supplies. Some of your first purchases may include fun things like a TV, radio, and computer. Often you do not need to purchase all these things brand new. You can always ask friends and family members if they have items they are getting rid of. You can shop for used items at yard sales or thrift stores. And you can make an Amazon Wish List online and share it with friends and family for upcoming birthdays.

Resources

Reasonable Modifications Under Fair Housing Act

https://www.hud.gov/sites/dfiles/FHEO/documents/reasonable_modifications_mar08.pdf

Fair Housing Guide to Reasonable Accommodations and Modifications

<https://www.equalhousing.org/wp-content/uploads/2020/02/Fair-Housing-Guide-to-Reasonable-Accommodations-and-Modifications.pdf>

Louisiana Housing Corporation

<https://www.lhc.la.gov/>

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
FINDING A PLACE TO LIVE						
<input type="checkbox"/> I can create a list of things I want in my new home						
<input type="checkbox"/> I can decide how close I want to live to people and places important to me						
<input type="checkbox"/> I can decide how accessible my new home needs to be						
<input type="checkbox"/> I can decide what type of housing I want or need						
<input type="checkbox"/> I know where to look to find a new home						
<input type="checkbox"/> I understand that if I need any type of government assistance to pay for rent, I might have to be placed on a waiting list						
BEING A RENTER						
<input type="checkbox"/> I understand what it means to be a renter, tenant, or lessee						
<input type="checkbox"/> I understand what an owner, landlord, or lessor means						
<input type="checkbox"/> I understand I do not own the property and cannot make changes without the approval of the owner or property manager						
<input type="checkbox"/> I understand the difference between renting and buying						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I understand if I sign a lease it will include specific expectations						
<input type="checkbox"/> I can explain rent						
<input type="checkbox"/> I am able to fill out a rental application						
<input type="checkbox"/> I understand that things like electricity, gas, water, cable TV and internet is usually not included in my rent						
<input type="checkbox"/> I understand that I may not be able to have everything I want						
THE DOLLARS BEHIND RENTING						
<input type="checkbox"/> I understand that I'll have to pay a security deposit						
<input type="checkbox"/> I understand that some owners require the first and last month's rent paid in advance						
<input type="checkbox"/> I know I will probably need to pay separately for things like electricity, gas, water, internet, and cable TV						
<input type="checkbox"/> I understand a roommate could help pay for rent and other costs						
<input type="checkbox"/> I understand my rent is due on a specific date and if I don't pay it by that day, I'll have a late fee to pay						
<input type="checkbox"/> I understand what eviction means						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I understand if I don't pay my rent, I can be evicted						
<input type="checkbox"/> I understand "wants" vs. "needs"						
<input type="checkbox"/> I can create a housing budget						
SOCIALIZATION						
<input type="checkbox"/> I can explain the pros and cons of having a roommate						
<input type="checkbox"/> I understand the rights of other residents and myself in regard to property and noise						
<input type="checkbox"/> I understand the consequences if the rights of other residents are not respected						
<input type="checkbox"/> I know what to do in the event of conflict with another resident or the landlord						
<input type="checkbox"/> I know I am responsible for the actions of any guests that visit me						
START UP EXPECTATIONS						
<input type="checkbox"/> I can identify what I will need for my new home						
<input type="checkbox"/> I know how to find the things I need for my new home						
<input type="checkbox"/> I can calculate start-up costs (Utility deposits, connection fees, furniture, cooking utensils, cleaning supplies, etc.)						

Deciding What I Want In My New Home

How close do you want to live to family, friends, and things you do?

	½ mile walk or less	Longer walk or less than 15-minute drive	This doesn't matter to me
Distance to parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to other family members or friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to public transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to grocery store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to church	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to doctor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to hospital	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to park	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to library	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to favorite fast food restaurant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to coffee house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to movie theater	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to fun things to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance to emergency services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What do you want in your new home?

	Must Have	Nice, but not a must	This doesn't matter to me
Dishwasher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Refrigerator	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Microwave	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Washer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dryer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No steps/stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sidewalks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peephole in front door	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Window coverings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Furnished	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pet-Friendly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walkable community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All Utilities included in rent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Internet included in rent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cable TV included in rent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 bedrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than 2 bedrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than 1 bathroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Private patio or balcony	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want to buy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want to rent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want a month to month lease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want a 6-month lease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want a 1-year lease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want a detached property like a single home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want a multi-family property, but not a complex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want a complex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How accessible do you need your new home to be?

	Must Have	Nice, but not a must	This doesn't matter to me
Ramp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wider exterior door	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wider interior doors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Complete accessible bathroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessible shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handrails in shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessible counter top	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completely accessible kitchen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessible sink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessible stove/oven	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessible counter top	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Peep Hole	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What will I need or want when I move out?

Circle the items you will need when you move out. Do you already have it? Do you need to buy it? Do you know someone that would give you one? Do this exercise to determine how much money you need to get set up in a new home.








I NEED	I will buy new		I will buy used		It will be gifted
	From:	Cost:	From:	Cost:	From:
Bedroom					
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	

I NEED	I will buy new		I will buy used		It will be gifted
	From:	Cost:	From:	Cost:	From:
		\$		\$	
		\$		\$	
		\$		\$	
Living Room					
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	

I NEED	I will buy new		I will buy used		It will be gifted
	From:	Cost:	From:	Cost:	From:
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
Office					
		\$		\$	
		\$		\$	
		\$		\$	

I NEED	I will buy new		I will buy used		It will be gifted
	From:	Cost:	From:	Cost:	From:
		\$		\$	
		\$		\$	
		\$		\$	
Dining Room					
		\$		\$	
		\$		\$	
					



I NEED	I will buy new		I will buy used		It will be gifted
	From:	Cost:	From:	Cost:	From:
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	

I NEED	I will buy new		I will buy used		It will be gifted
	From:	Cost:	From:	Cost:	From:
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	



I NEED	I will buy new		I will buy used		It will be gifted
	From:	Cost:	From:	Cost:	From:
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	

I NEED	I will buy new		I will buy used		It will be gifted
	From:	Cost:	From:	Cost:	From:
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	

Bathroom

		\$		\$	
		\$		\$	

I NEED	I will buy new		I will buy used		It will be gifted
	From:	Cost:	From:	Cost:	From:
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
		\$		\$	
Miscellaneous					
		\$		\$	
		\$		\$	

I NEED	I will buy new		I will buy used		It will be gifted
	From:	Cost:	From:	Cost:	From:
		\$		\$	
		\$		\$	
TOTAL		\$	+	\$	=

Section 10—A Clean and Happy Home



Did you know there are some real health benefits for keeping a clean home? When you live in a messy home, you are always reminded of work that needs to be finished. And visually, your eyes do not have a place to rest. Too much clutter can cause a lot of stress and fatigue. When you lose or can't find things, stress levels rise, and so does your risk for illness.

You can reduce your stress by keeping your things picked up. In areas that are naturally damp, like basements and garages, allergies and asthma can get worse. Dust mites, pet dander and mold hide in some objects. That can trigger allergic reactions, decrease air quality, and increase asthma problems. The more stuff you have in our home,

the harder it is to clean. Messy areas increase the potential for dust, pet dander and mold to build up in closets, on surfaces and in cracks.

Did you know one of the leading causes of death inside the home is from falls? When your home is disorganized and there is excess stuff on the floor, those are tripping hazards. The same is true if you spill something and don't clean it up right then. You or someone else can slip and fall. You should always keep your floors clutter free and clean to prevent falls.

Kitchens and bathrooms are where germs love to live. Your countertops should be cleaned daily to keep them germ-free. If you put raw meat on your kitchen counters, you should sanitize them after. This is a common cause of food contamination. Plus this helps with keeping bugs and other critters out of your home.

The U.S. Centers for Disease Control and Prevention says the number one place germs live is also the place that is hardly ever cleaned. They report kitchen and bathroom faucets, door knobs, light switches, remotes, cell phones and other things you tend to touch a lot are some of the places germs thrive. So don't forget to clean those frequently touched items too.

A clean and clutter-free home is a happy home. You will find you are less stressed and healthier when you live in a clean and happy home.



Resources

Reasonable Modifications Under Fair Housing Act

https://www.hud.gov/sites/dfiles/FHEO/documents/reasonable_modifications_mar08.pdf

Fair Housing Guide to Reasonable Accommodations and Modifications

<https://www.equalhousing.org/wp-content/uploads/2020/02/Fair-Housing-Guide-to-Reasonable-Accommodations-and-Modifications.pdf>

Louisiana Housing Corporation

<https://www.lhc.la.gov/>

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
HOUSEKEEPING for ALL ROOMS						
<input type="checkbox"/> I am able to wipe down and sanitize all door knobs and knobs on cabinets						
<input type="checkbox"/> I am able to wipe down and sanitize all light switches						
<input type="checkbox"/> I am able to wipe down all baseboards						
<input type="checkbox"/> I am able to clean the ceiling fans						
<input type="checkbox"/> I am able to clean the window sills and inside of windows						
<input type="checkbox"/> I am able to change a light bulb in a lamp						
<input type="checkbox"/> I am able to mop all hard surface floors						
<input type="checkbox"/> I am able to sweep or vacuum all hard surface floors						
<input type="checkbox"/> I am able to vacuum carpet						
<input type="checkbox"/> I am able to dust all furniture						
<input type="checkbox"/> I am able to clean all mirrors						
HOUSEKEEPING & HOME MAINTENANCE for BEDROOM(S)						
<input type="checkbox"/> I am able to change my bed linens						
<input type="checkbox"/> I am able to make my bed						
<input type="checkbox"/> I am able to keep my closet tidy						
HOUSEKEEPING & HOME MAINTENANCE for BATHROOM(S)						
<input type="checkbox"/> I am able to clean countertops						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I am able to clean sinks						
<input type="checkbox"/> I am able to clean the toilet and bathtub						
<input type="checkbox"/> I know how to prevent a toilet or sink from clogging up						
<i>HOUSEKEEPING & HOME MAINTENANCE for KITCHEN</i>						
<input type="checkbox"/> I am able to clean my stove						
<input type="checkbox"/> I am able to clean the oven						
<input type="checkbox"/> I am able to clean the refrigerator						
<input type="checkbox"/> I am able to clean my countertops						
<input type="checkbox"/> I am able to clean all small appliances						
<input type="checkbox"/> I am able to wash dishes						
<input type="checkbox"/> I am able to load and unload the dishwasher						
<input type="checkbox"/> I am able to turn on the dishwasher						
<input type="checkbox"/> I am able to put things up and keep a clutter-free kitchen						
<i>MISCELLANEOUS HOUSEKEEPING & HOME MAINTENANCE</i>						
<input type="checkbox"/> I know appropriate cleaning products to use for different cleaning jobs						
<input type="checkbox"/> I can read directions on cleaning products						
<input type="checkbox"/> I am able to use a vacuum cleaner, including emptying canister or changing bags						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I am able to use a plunger to unclog a toilet or sink						
<input type="checkbox"/> I am able to change a fuse or reset a circuit breaker						
<input type="checkbox"/> I know when to contact the landlord or a professional for repairs and can call them						
<input type="checkbox"/> I am able to use a ladder safely to change lightbulbs in ceiling fixtures						
<input type="checkbox"/> I know the causes of roaches, mice and other pests						
<input type="checkbox"/> I know how to use common products to get rid of roaches or other pests						

House Cleaning Tips

How to Clean a Burned Pot: To clean a badly scorched pot, boil water in a different pot. Cover the burned area of the first pot with baking soda. Then carefully pour in enough of the boiling hot water to half fill the burned pot. Let it sit. When the water is cool enough to touch, use a sponge and scrub the bottom with the water and baking soda. Dump out the pot then wash it with hot, soapy water.

How to Clean a Sink: The sink and faucet need to be wiped down with an all-purpose cleaner every time you cook. Bacteria and food particles can gather and make you sick. We touch those places with raw food on our hands!

How to Clean a Sponge: If you use a sponge to wipe counters or wash dishes, you need to clean it every day or two. You can put it in the dishwasher or put it in the microwave! If you put it in the microwave, make sure first that it doesn't contain any metal. Then get it very wet and heat it for 2 minutes in a microwave-safe plate or bowl. Careful, because it will be very hot when you take it out!

How to clean a stovetop: You will need a tough cleaner to handle baked-on splatter and grease from the stovetop. A non-scratch scrubbing sponge and a powder cleanser will get off stubborn messes. If you are cleaning stainless steel, scrub with the grain instead of in a circle so it doesn't scratch. Don't push down too hard, but allow the cleaner to do the work. Then you won't scratch the stovetop.

How to clean small appliances: Small appliances like toasters and coffee makers that sit on the counter can get dirty from cooking. Grease and food can splatter onto them. They need to be wiped down every week with an all-purpose cleaner. To clean deeper, take off all the pieces you can and wash them or put them in the dishwasher. You can also use an old toothbrush or cotton swabs to get into cracks and tight corners that are hard to clean.

How to Clean Spills in the Refrigerator: When sticky spills happen in the fridge or pantry, it needs to be cleaned quickly. Soak a sponge or rag in very hot water (don't burn your hands!) and squeeze it out so that it's not dripping. Then, press it onto the sticky spot until the rag starts to cool. If the sticky spill has loosened up, wipe it away. If it's still too sticky, repeat as needed until you can wipe it clean.

House Cleaning Checklist

Cleaning Job	Frequency	Supplies Needed
Kitchen		
Clean and sanitize countertops	Daily	
Wipe down cabinets & knobs	Weekly	
Wipe down stovetop	Daily	
Wash dishes	Daily	
Fill and empty dishwasher	Daily or as needed	
Clean outside and inside of microwave	Weekly, and needed	
Soak & clean stove top drip pans, grills, and knobs on the sink	Monthly, and as needed	
Clean & sanitize inside, around sink & faucets	Daily	
Sweep/Vacuum floor	Daily	
Mop floor	Weekly, and as needed	
Clean all small appliances used	Weekly	
Put away any clutter	Daily	
Empty Trash	On trash night or as needed	
<u>Dining Room</u>		
Wipe down table	Daily	
Clean placemats	Daily	
Sweep/Vacuum floor	Daily	
Mop floor	Weekly, and as needed	
Put away any clutter	Daily	
<u>Bedroom(s)</u>		
Make bed	Daily	
Change sheets	Weekly, and as needed	
Dust furniture	Weekly	
Sweep/Vacuum floor	Weekly	
Mop floor	Weekly	

Put away any clutter	Daily	
Straighten our closet	Weekly	
<u>Living Room</u>		
Put away any clutter	Daily	
Dust furniture	Weekly	
Sweep/Vacuum floor	Weekly	
Mop floor	Weekly	
<u>Bathroom</u>		
Empty waste basket	Weekly or as needed	
Clean bath rugs	Weekly or as needed	
Clean and sanitize bathtub	Weekly	
Clean and sanitize shower walls	Weekly	
Clean and sanitize shower doors	Weekly	
Clean soap dishes, etc. in shower	Weekly	
Clean and sanitize sink & faucet	Weekly or as needed	
Clean and sanitize countertops	Weekly	
Clean soap dishes, etc. on countertop	Weekly	
Wipe down cabinet fronts	Weekly	
Clean mirror	Weekly	
Sweep/Vacuum floors	Weekly	
Mop floors	Weekly	
<u>Office</u>		
Tidy desk	Weekly	
Dust furniture	Weekly	
Put away any clutter	Weekly	
Sweep/Vacuum floors	Weekly	
Mop floors	Weekly	
<u>All Rooms</u>		
Wipe down all baseboards	Weekly	

Wipe down door frames	Weekly	
Wipe down all door knobs and doors	Weekly	
Clean ceiling fans	Monthly	
Clean all light switches	Weekly	
Clean all knobs on furniture	Weekly	
Clean all windowsills	Weekly	
Clean inside of windows	Quarterly	
Replace light bulbs	As needed	
Knockdown cobwebs	Monthly	
Dust window blinds	Weekly	
Dust wall picture frames	Monthly	
Dust knickknacks, books, etc	Weekly	

Section 11—Getting Around



Owning a car is a big step and isn't always easy. There are a lot of hidden costs and a lot to be responsible for. In addition to the cost of the car, you have to purchase gas, get oil changes, buy tires, and do other ongoing maintenance to keep the car in good shape. Even when you do everything right, unexpected issues can still come up. You also have to pay for inspection stickers, license plates, and auto insurance. And of course, you have to pay to attend driving school and to get a driver's license.

Everyone will not be able to afford a car or will not be able to get a driver's license. Therefore, you'll need to be able to access affordable transportation. Some will need this transportation to be accessible too.

Where you live will be a factor in what type of transit you can use. People that live in big cities or suburbs usually have the most options for getting around. People that live in the country or in more rural areas have fewer options. They usually need to depend on family and friends to go places.

Some people will choose to walk, ride a bicycle, ride a motorized scooter, or use public transit. Walking or riding a bicycle is great exercise, but what happens if it's raining or extremely hot? You'll need a backup plan. The bus or subway is a great backup plan, but if you need an accessible bus, you'll need to learn what is available and how you qualify to ride one. Some public transportation may require you to complete a form and schedule rides in advance.

As you can see, there are a lot of things to consider when you need to go grocery shopping, a doctor's appointment, to work, to school, or on any outing. What way do you think you'll use to get around?

Resources

Louisiana Department of Motor Vehicals	https://www.expresslane.org/drivers/personal-driver-s-licenses/new-licenses/
Louisiana Dirver's Education & Guides	https://www.expresslane.org/drivers/driver-s-educatio-n-guides/
Adapting Motor Vehicles for People With Disabilities	https://www.nhtsa.gov/sites/nhtsa.gov/files/document/s/adapting_motor_vehicles_brochure_810733.pdf
How to Use Uber: The Ultimate Guide to Your First Ride	https://gigworker.com/how-to-use-uber/

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
TRANSPORTATION SKILLS - PEOPLE POWERED						
<input type="checkbox"/> I am able to ride a bicycle safely						
<input type="checkbox"/> I can wear a helmet						
<input type="checkbox"/> I can and do use seat belts						
<input type="checkbox"/> I know what public transportation is available						
<input type="checkbox"/> I know where the nearest bus stop is located						
TRANSPORTATION SKILLS - PUBLIC TRANSPORTATION						
<input type="checkbox"/> I know where the closest bus stop is to my home						
<input type="checkbox"/> I know how much it costs to use public transportation						
<input type="checkbox"/> I know how to make transfers on public transportation						
<input type="checkbox"/> I can navigate around my frequently used bus routes						
TRANSPORTATION SKILLS - RIDESHARE						
<input type="checkbox"/> I can call or use a phone app for a taxi, Uber or other rideshare transportation as needed						
<input type="checkbox"/> I know an approximate cost of a taxi or Uber						
<input type="checkbox"/> I can verify the rideshare driver is the right person						
<input type="checkbox"/> I can arrange routine transportation						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
TRANSPORTATION SKILLS - DRIVING						
<input type="checkbox"/> I know I must have a driver's license to drive						
<input type="checkbox"/> I have successfully completed a Driver's Education class						
<input type="checkbox"/> I understand not to use a cell phone or other devices while driving a vehicle						
<input type="checkbox"/> I understand the requirement of auto insurance						
<input type="checkbox"/> I know how to obtain auto insurance						
<input type="checkbox"/> I have successfully passed the Learner's Permit test						
<input type="checkbox"/> I know how to apply for a Learner's Permit						
<input type="checkbox"/> I have successfully completed the supervised driving requirements						
<input type="checkbox"/> I have successfully obtained an Intermediate License (if between 16 and 18)						
<input type="checkbox"/> I have updated my Intermediate License to a Permanent Louisiana Driver's License after 18 th birthday						
<input type="checkbox"/> I know the consequences of driving without a driver's license or insurance						
<input type="checkbox"/> I know what documentation must be in my car (proof of insurance, registration)						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I know why my car must have an up-to-date license plate						
<input type="checkbox"/> I know how to obtain a license plate for my car						
<input type="checkbox"/> I know why my car must have an up-to-date inspection sticker						
<input type="checkbox"/> I know how to obtain an inspection sticker						
<input type="checkbox"/> I know how to apply for a handicap placard for my car, if needed						
<input type="checkbox"/> I can read a map						
<input type="checkbox"/> I can give directions						
<input type="checkbox"/> I can follow GPS directions						
<input type="checkbox"/> I know not to pick up strangers in my car						
TRANSPORTATION SKILLS - MAINTENANCE						
<input type="checkbox"/> I am able to change a flat or fix a chain on my bike						
<input type="checkbox"/> I am able to change a flat tire on my car						
<input type="checkbox"/> I can schedule basic maintenance for my car						
<input type="checkbox"/> I understand driving strategies for bad road conditions						
<input type="checkbox"/> I understand the costs of owning and operating my own vehicle (gas, washing, oil changes, new tires, maintenance, insurance, and monthly payment, if financed).						

Section 12—Money Matters

Money matters include the skills, knowledge, and tools you need to make financial choices that will help you do what you want to do. Knowing about finances is key to helping you manage money well. You want to have enough to live on as you also save money and reach your personal goals. Decisions made when you're young can have lasting benefits and drawbacks.

In order to have a balance when it comes to money, you need to know about the following:

- ❖ Frauds, scams, and predatory lending practices;
- ❖ Public and work-related benefits;
- ❖ Banking practices;
- ❖ Savings and investing strategies; and
- ❖ Credit use and interest rates



Knowing where your money is coming from is very important. You need to be able to manage it if you have to pay for your bills. It's important to see where you will need help and to have a trusted person available to help you. Even if you do not have a regular income to live on your own at this point, the information will be very helpful to you in planning for your future. The way you spend your money now is probably a sign of what you will do with your money later.

<u>You want to do this:</u>	<u>You DON'T want to do this:</u>
<input type="checkbox"/> Save most of your money	<input type="checkbox"/> Spend most of your money
<input type="checkbox"/> Buy things you need	<input type="checkbox"/> Buy things you want
<input type="checkbox"/> Budget your money so it will last	<input type="checkbox"/> Spend most of your income as soon as you get it
<input type="checkbox"/> Plan for purchases	<input type="checkbox"/> Buy impulsively
<input type="checkbox"/> Keep track of your money	<input type="checkbox"/> Don't know where your money goes

The next thing you need to think about is where you will keep your money. As you should already know, it's not smart to carry all of your cash on you or leave large amounts of cash in your home. It's also not a good idea to send cash through the mail, as it can be stolen. Savings and checking accounts are the most common way of storing and protecting your money. If you don't already have a savings and checking account, you will want to open one with a bank with FDIC insurance. This insurance guarantees your money won't be lost if the bank closes down.

You may be given a debit card with your checking and savings account. Whenever you use your debit card at a store, online, or at an ATM machine, the money is instantly removed from your banking

accounts. Before you go swipe happy, you need to make sure you don't have any checks that haven't cleared the bank yet. You'll also need to know you have no bills coming up that need to be paid.

Credit cards and debit cards look alike, but they are totally different things. A credit card is like a loan. Whenever you use a credit card, you will receive a bill and expect to pay a minimum amount. A lot of people get into trouble with credit cards because they buy too many things and then can't afford to pay for them when the bill arrives. If you don't pay your bill on time, you then have to pay interest charges and late fees. You will also start getting a bad payment history on your credit report. It's very important to have a good credit report and score.

Without this, you will have trouble making loans for larger items you may want. You will also pay a higher interest rate, which means you will pay more for the exact same thing than someone with good credit pays. It will also impact your ability to rent an apartment, open up a bank account, or get a good rate on insurance.

Money matters and financial planning is not just about cash and credit. In addition to having a savings account and a credit card, you will want to have things like insurance. Insurance does cost! But in the event of an emergency, insurance will help you replace items you lost because of theft, fire, tornado, hurricane, or flood. You will need to decide if you need insurance and which ones.



Resources

Counting Money: The Value of Money	https://www.youtube.com/watch?v=pZwilbnLIXM
Introduction to Money Basics: Financial Literacy for Teens	https://www.youtube.com/watch?v=GwAlu-RA_WA
Introduction to Financial Literacy: Money Management for Teens	https://www.youtube.com/watch?v=2Aosql_3vBY
What is Money? Financial Literacy for Teens	https://www.youtube.com/watch?v=0gnlIMlznko
Forms of Financial Exchange: Financial Literacy for Teens	https://www.youtube.com/watch?v=7looujGJSZk

Financial Institutions: Financial Literacy for Teens	https://www.youtube.com/watch?v=BkwliVwCIBE
Interests: Financial Literacy for Teens	https://www.youtube.com/watch?v=BkwliVwCIBE
Introduction to Credit: Finance for Teens	https://www.youtube.com/watch?v=BkwliVwCIBE
Managing your Money Worksheet	https://www.consumer-action.org/downloads/outreach/Managing_Your_Money_Worksheet.pdf
The Difference Between Debit and Credit Cards	https://www.capitalone.com/learn-grow/money-management/credit-vs-debit-cards/

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
MONEY MANAGEMENT & FINANCIAL PLANNING SKILLS - BASIC MONEY SKILLS						
<input type="checkbox"/> I know the different coins and paper currency						
<input type="checkbox"/> I know the value of each coin and paper currency						
<input type="checkbox"/> I can count coins and paper currency						
<input type="checkbox"/> I understand the purpose of a bank						
<input type="checkbox"/> I know how to use a calculator						
<input type="checkbox"/> I know how to use a debit card						
<input type="checkbox"/> I know how to protect my debit card from fraudulent use						
<input type="checkbox"/> I understand the difference between "wants" and "needs"						
<input type="checkbox"/> I can create a monthly budget						
<input type="checkbox"/> I can stick to a monthly budget						
MONEY MANAGEMENT & FINANCIAL PLANNING SKILLS - BANKING						
<input type="checkbox"/> I know what is and isn't a bank						
<input type="checkbox"/> I can open a checking or saving's account						
<input type="checkbox"/> I know how and am able to write checks						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I understand minimum account requirements (checking & savings) and any banking fees associated with the accounts						
<input type="checkbox"/> I understand the check clearing process, overdraft fees, etc						
<input type="checkbox"/> I can record banking transactions						
<input type="checkbox"/> I can read a bank statement						
<input type="checkbox"/> I can make deposits						
<input type="checkbox"/> I know how to balance my bank accounts						
<input type="checkbox"/> I know how to go online and check my banking account						
<input type="checkbox"/> I know what to do if I suspect my debit card or bank account is being used fraudulently						
<input type="checkbox"/> I know the difference between a credit card and debit card						
<input type="checkbox"/> I understand the concept of saving to purchase an expensive item						
<input type="checkbox"/> I understand the need for an emergency savings						
<input type="checkbox"/> I understand the need for saving for vacations, holidays, etc						
<i>MONEY MANAGEMENT & FINANCIAL PLANNING SKILLS - PAYING BILLS</i>						
<input type="checkbox"/> I know my bill due dates						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I can read all my bills and know if they are legitimate and all charges are mine						
<input type="checkbox"/> I understand the consequences of paying bills late, late fees, disconnected services, and legal action						
<input type="checkbox"/> I understand the purpose and use of credit and consequences for not repaying						
<input type="checkbox"/> I understand interest rates and minimum payments due						
<i>MONEY MANAGEMENT & FINANCIAL PLANNING SKILLS - INSURANCE</i>						
<input type="checkbox"/> I understand what homeowner's insurance is and why it is important						
<input type="checkbox"/> I understand what renter's insurance is and why it is important						
<input type="checkbox"/> I understand what flood insurance is and why it is important						
<input type="checkbox"/> I know how to read my insurance policies						
<input type="checkbox"/> I understand the coverages on each of my insurance policies						
<input type="checkbox"/> I know when an insurance claim should be made						
<input type="checkbox"/> I know how to make an insurance claim						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
MONEY MANAGEMENT SKILLS - PAYROLL						
<input type="checkbox"/> I know how much I get paid an hour						
<input type="checkbox"/> I know the minimum wage a business is required to pay me						
<input type="checkbox"/> I know how many hours I work a week						
<input type="checkbox"/> I know how often I get paid						
<input type="checkbox"/> I know how to calculate how much money I should make						
<input type="checkbox"/> I know the difference between gross pay and net pay						
<input type="checkbox"/> I understand payroll deductions like, FICA, SUTA, Medicare, etc						
MONEY MANAGEMENT & FINANCIAL PLANNING SKILLS - SHOPPING						
<input type="checkbox"/> I know how to comparison shop						
<input type="checkbox"/> I understand the use of sales, coupons, rebates, etc						
<input type="checkbox"/> I understand sales tax and other usage taxes						
MONEY MANAGEMENT & FINANCIAL PLANNING SKILLS - OTHER						
<input type="checkbox"/> I know what Social Security is and if I receive it						
<input type="checkbox"/> I know who my Representative Payee is for my Social Security (if I have one)						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I know what an ABLE account is						
<input type="checkbox"/> I know how to open an ABLE account						
<input type="checkbox"/> I know what a special needs trust is						
<input type="checkbox"/> I know who the trustee is for my special needs trust						

Section 13—Being a Good Citizen

It's important that you are a good citizen and equally important that others treat you like an equal citizen. People with disabilities are often not given the same liberties as others. They are sometimes seen as "less than," or not as important. The best way to make sure this doesn't happen to you is to know your rights. Know what it looks like when your rights are ignored.



Being a good citizens includes:

- Having respect for others and their property
- Knowing your rights and respecting the rights of others
- Being informed on the issues of the day
- Learning the facts of our true history, both good and bad
- Having compassion and empathy for others
- Being tolerant and accepting of others' beliefs and attitudes
- Having integrity and compassion
- Recognizing and respecting the truth and speaking truth
- Registering to vote and participate in voting
- Showing respect to servicemen and women
- Respecting the flag
- Respecting law enforcement agencies
- Responding to jury duty notices
- Paying taxes
- Being active in your community

As a citizen of the United States of America and the State of Louisiana, you have the same citizen rights as everyone else that are citizens of the USA and Louisiana. Good citizens are self-disciplined, have moral courage, and have a love for justice.

One of the easiest things to do in order to be a good citizen is to respect others and their property. It doesn't cost you anything, yet it's a very important life skill. Respecting others means listening to them to understand, not just to respond. Give people personal space. Never touch anyone without permission. Respecting other people's things means you will treat their belongings like your own. You won't touch them, take them, or break them. You should expect others to treat you and your belongings the same way.

Not everyone believes everything you believe, and you may not believe everything others believe. This is especially true about politics and religion. You just need to respect their beliefs and should receive the same respect for your beliefs.

Once you turn 18 years old, you will have the right to register to vote. Voting is a right, but it also comes with the responsibility of learning as much as you can about a candidate or issues so you can make an informed decision. Why do you like one candidate more than another? How important are the amendments to you? Everyone needs to be a responsible voter.

All male U.S. Citizens and male immigrants residing in the United States must register with the Selective Services at the age of 18. This includes individuals with disabilities.

Get involved in your community by participating in community activities and volunteering. Everyone should do their part to keep their community thriving.

We are all expected to be good citizens. Our country and state are only as healthy as each of its citizens.

Resources

Full Citizenship for People with Intellectual Disabilities

<https://citizen-network.org/library/on-full-citizenship.html>

Louisiana Online Voter Registration

<https://www.sos.la.gov/ElectionsAndVoting/Pages/OnlineVoterRegistration.aspx>

Louisiana ID Cards

<https://www.expresslane.org/drivers/id-cards/>

Selective Service - Who Must Register

NOTE: With only a few exceptions, the registration requirement applies to all male U.S. citizens and male immigrants residing in the United States who are 18 through 25 years of age.

Category	Yes	No
All male U.S. citizens born after Dec. 31, 1959, who are 18 but not yet 26 years old, except as noted below:	Yes	
Military Related		
Cadets at the Merchant Marine Academy	Yes	
ROTC Students	Yes	
National Guardsmen and Reservists not on active duty / Civil Air Patrol members	Yes	
Delayed Entry Program enlistees	Yes	
Men rejected for enlistment for any reason before age 26	Yes	
Separatees from Active Military Service, separated for any reason before age 26	Yes*	
Members of the Armed Forces on active duty (active duty for training does not constitute "active duty" for registration purposes)		No*
Students in Officer Procurement Programs at the Citadel, University of North Georgia, Norwich University, Virginia Military Institute, Texas A&M University, Virginia Polytechnic Institute and State University		No*
Cadets and Midshipmen at Service Academies or Coast Guard Academy		No*
Immigrants**		
Permanent resident immigrants (USCIS Form I-551)	Yes	
Refugee, parolee, and asylee immigrants	Yes	
Undocumented immigrants	Yes	
Dual national U.S. citizens	Yes	
Lawful non-immigrants on current non-immigrant visas. A complete list of acceptable documentation for exemption may be found at https://www.sss.gov/Portals/0/PDFs/DocumentationList.pdf .		No
Seasonal agricultural workers (H-2A Visa)		No
Confined		
Incarcerated, or hospitalized, or institutionalized for medical reasons		No*
Handicapped, Physically or Mentally		
Able to function in public with or without assistance	Yes	
Continually confined to a residence, hospital, or institution		No
Transgender People		
U.S. citizens or immigrants who are born male and have changed their gender to female	Yes	
Individuals who are born female and have changed their gender to male		No

*Must register within 30 days of release unless already age 26.

NOTE: To be fully exempt you must have been on active duty or confined continuously from age 18 to 26.

**Residents of Puerto Rico, Guam, Virgin Islands, and Northern Mariana Islands are U.S. citizens. Citizens of American Samoa are nationals and must register when they are habitual residents in the United States or reside in the U.S. for at least one year. Habitual residence is presumed and registration is required whenever a national or a citizen of the Republic of the Marshall Islands, the Federated States of Micronesia, or Palau, resides in the U.S. for more than one year in any status, except when the individual resides in the U.S. as an employee of the government of his homeland; or as a student who entered the U.S. for the purpose of full-time studies, as long as such person maintains that status.

NOTE: Immigrants who did not enter the United States or maintained their lawful non-immigrant status by continually remaining on a valid visa until after they were 26 years old, were never required to register. Also, immigrants born before 1960, who did not enter the United States or maintained their lawful non-immigrant status by continually remaining on a valid visa until after March 29, 1975, were never required to register.

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
CITIZENSHIP						
<input type="checkbox"/> I have registered to vote (18 and over) or I know how to register to vote						
<input type="checkbox"/> I know where to vote						
<input type="checkbox"/> I know how to vote						
<input type="checkbox"/> I know how to register for the selective service						
<input type="checkbox"/> I have registered for selective service						
<input type="checkbox"/> I understand the purpose of the military						
<input type="checkbox"/> I am respectful of all men and women in a military uniform						
<input type="checkbox"/> I know my social security number or where to find it						
<input type="checkbox"/> I know what it means to respect the USA flag						
<input type="checkbox"/> I love my country and respect my community						
<input type="checkbox"/> I know what to do if I get a jury duty summons						
<input type="checkbox"/> I am respectful of all law enforcement officers						
<input type="checkbox"/> If I am mistreated by a law enforcement officer, I know I can file a complaint						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
LEGAL						
<input type="checkbox"/> I know when I need legal help						
<input type="checkbox"/> I know what to do if I get arrested						
<input type="checkbox"/> I know I cannot take anything from a store or another person's home that isn't mine						
<input type="checkbox"/> I know what to do if I get a traffic ticket						
<input type="checkbox"/> I do not litter						
RIGHTS & RESPONSIBILITIES						
<input type="checkbox"/> I know how to get a Louisiana State ID						
<input type="checkbox"/> I know how to get a Passport						
<input type="checkbox"/> I participate in community activities that improve our community						
<input type="checkbox"/> I know I have a waiver						
<input type="checkbox"/> I know what services I get from my waiver						
<input type="checkbox"/> I understand discrimination						
<input type="checkbox"/> I know how to appeal a decision about government services						
<input type="checkbox"/> I file an annual income tax return						
<input type="checkbox"/> I understand the purpose of the Internal Revenue Service (IRS)						

Easy Ways to Be a Good Citizen

Being a good citizen shows your pride in your country. It is having and showing devotion to the United States of America. That is called being "patriotic." It means being loyal to your nation and its culture and values.

Easy Ways to Show Your Patriotism	
<input type="checkbox"/> Fly a USA flag	<input type="checkbox"/> Obey the law
<input type="checkbox"/> Say the Pledge of Allegiance	<input type="checkbox"/> Learn the National Anthem
<input type="checkbox"/> Cheer for the USA at the Olympics	<input type="checkbox"/> Learn about your country
<input type="checkbox"/> Be respectful	<input type="checkbox"/> Be kind
<input type="checkbox"/> Be honest	<input type="checkbox"/> Have integrity
What Other Ways Can You Show Patriotism?	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Star-Spangled Banner

Oh, say, can you see, by the dawn's early light,
 what so proudly we hail'd at the twilight's last
 gleaming?

Whose broad stripes and
 bright stars, thro' the
 perilous fight. O'er the
 ramparts we watch'd, were
 so gallantly streaming?

And the rockets' red glare,
 the bombs bursting in air, Gave proof
 thro' the night that our flag was still there.
 O say, does that star-spangled banner yet wave
 O'er the land of the free
 and the home of the brave.



The Pledge of Allegiance

I pledge allegiance to
 the flag of the United
 States of America, and
 to the Republic for
 which it stands, one
 Nation under God,
 indivisible, with liberty
 and justice for all.

