

Independent Living

Youth's Name _____ Date _____

Fifty Things You Can Do To Help Someone Get Ready for Independent Living!

- ___ 1. Help the youth get a certified copy of their birth certificate.
- ___ 2. Help the youth get a Social Security Card and a wallet to carry it in.
- ___ 3. Enroll the youth in a school program in which they can succeed.
- ___ 4. Help the youth get a picture identification card.
- ___ 5. Find out if the youth is eligible for a Medicaid Card.
- ___ 6. Help the youth get copies of medical records.
- ___ 7. Start a "Records Book" that will contain the youth's important papers.
- ___ 8. Help the youth put together a family "scrapbook" or "life book".
- ___ 9. Help the youth open up a bank account.
- ___ 10. Teach the youth how to write and cash a check.
- ___ 11. Take the youth for a dental checkup. Develop a relationship with a dentist who would be willing to see him/her when the youth is on his/her own.
- ___ 12. Take the youth for a physical. Develop a relationship with a doctor who would be willing to see him/her when the youth is on his/her own.
- ___ 13. Help the youth renew contact with family members.
- ___ 14. Help the youth develop at least one friendship.
- ___ 15. Line the youth up with a good counselor.
- ___ 16. Take the youth to join a local recreation center.
- ___ 17. Teach the youth some "new" ways to have fun.
- ___ 18. connect the youth with a church group.
- ___ 19. Help the youth find a job or a better paying job.
- ___ 20. Make sure the youth really understands birth control.
- ___ 21. Show the youth the best place to shop for food, clothing, furniture, etc.
- ___ 22. Help the youth learn how to look up possible resources in the phone book.
- ___ 23. Help the youth work through an independent living skills workbook.

INDEPENDENT LIVING (Continued) ...

- ___ 24. Teach the youth how to read a map. Give the youth a map of the city.
- ___ 25. Take the youth on a tour of the city.
- ___ 26. Teach the youth how to use the bus system and read the bus schedules.
- ___ 27. Buy the youth an alarm clock and teach him/her how to use it.
- ___ 28. Help the youth get a library card and show him/her how to use the library.
- ___ 29. Help the youth get a driver's license and price auto insurance.
- ___ 30. Role play contacts with police, bank tellers, doctors, landlords, etc.
- ___ 31. Role play several different styles of job interviews.
- ___ 32. Help the youth put together a resume and a fact sheet with information needed for filling out job applications.
- ___ 33. Make a list of important telephone numbers.
- ___ 34. Teach the youth how to cook five good meals.
- ___ 35. Teach the youth how to store food.
- ___ 36. Teach the youth how to use coupons and comparison shop.
- ___ 37. Teach the youth how to read a paycheck stub.
- ___ 38. Teach the youth how to use an oven and microwave.
- ___ 39. Teach the youth how to thoroughly clean a kitchen and bathroom.
- ___ 40. Take the youth to a session of adult court: e.g., traffic, criminal, etc.
- ___ 41. Teach the youth how to find and retain a lawyer and when to get one.
- ___ 42. Help the youth understand a rental or lease agreement.
- ___ 43. Teach the youth how to do, or at least get help for, yearly tax returns.
- ___ 44. Teach the youth how to write a letter and use the Post Office.
- ___ 45. Help the youth develop good telephone communication skills.
- ___ 46. Explain to the youth tenant and landlord rights.
- ___ 47. Teach the youth how to find a safe, inexpensive place to live.
- ___ 48. Work with the youth on how to budget his/her money.
- ___ 49. Work with the youth on how to find and get along with a roommate.
- ___ 50. Talk to the youth often about his/her feelings about what it might be like to live on his/her own.