



Workbook – Section 6

What Skills Will I Need to Live Independently?

Living in an independent situation where you will be responsible for taking care of your daily needs requires that you have certain skills. The following skills will help you to live independently. The questions will help guide you in your journey toward independent living. Circle T (true) or F (false)



1.

Keeping Safe & Getting Help

T F I know how to use the phone to call for help.

The name of the person I would call in an emergency:

T F I have a plan to use in case of fire.

Three things I would do in case of fire:

1. _____

2. _____

3. _____

T F I have a plan for keeping safe in my place.

Three things I would do to keep safe:

1. _____

2. _____

3. _____



2.

Staying Organized



Housekeeping & Time Management

T F I have a plan to keep my place clean.

Three things I would do to keep my place clean:

1. _____

2. _____

3. _____

T F I have a plan to help me remember appointments.

Three things I would do to remember appointments:

1. _____

2. _____

3. _____



3.

Managing My Money & Keeping a Budget

T F I know how much money is coming in each month.

T F I know how much my expenses are each month.

T F I and/or a support person have made and follow a budget.

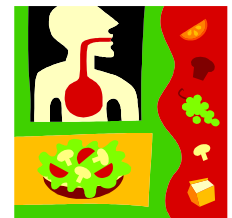
T F I have a checking account and can pay my own bills.

T F I have someone to help me pay my bills.



4.

Cooking & Nutrition



T F I know what makes up a healthy meal.

Three things to include in a healthy meal:

1. _____

2. _____

3. _____

T F I know how to keep food safe to eat.

Three things I know about keeping food safe:

1. _____
2. _____
3. _____

T F I can use a microwave.

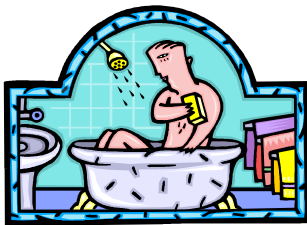
Two things to remember when using a microwave:

1. _____
2. _____
3. _____

T F I can use a stove.

Two things to remember when using a stove:

1. _____
2. _____
3. _____



5.

Staying Healthy & Taking Care of Myself

T F I do things to keep myself healthy.

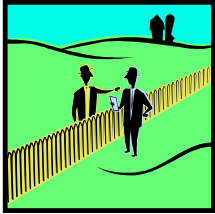
Three things I do to keep myself healthy:

1. _____
2. _____
3. _____

T F I have a plan to stay clean and neat.

Three things I do to stay clean and neat:

1. _____
2. _____
3. _____



6. Getting along with Landlords & Other Tenants

T F I know how to get along with my landlord and other tenants.

Three things I do to get along:

1. _____
2. _____
3. _____



7. Job Readiness & Training



T F I work or want to work part-time.

Three types of work I enjoy:

1. _____
2. _____
3. _____

T F I am prepared to work.

Three things that make me ready to work:

1. _____

2. _____

3. _____

T F I have received or would like to receive training to work.

Three types of training I would like to receive:

1. _____

2. _____

3. _____



8.

Using Local Transportation

T F I have people to help me with transportation

T F I use local transportation