

Independent Living

Are You Ready to Live Away From Home???



1. Learning to take care of your own needs is essential to living on your own
2. Become aware of your personal care needs and how you will take care of them
3. Practice cooking some basic meals:
 - ◇ Plan a well-balanced meal
 - ◇ Make a grocery list
 - ◇ Go grocery shopping
 - ◇ Cook the meal
4. Start doing your own laundry
5. Learn to manage your own money
6. Find out how much things cost like utilities, rent, insurance,...
7. Develop a plan for when you will move out and where you will go
8. Learn to be in charge of your own healthcare
9. Ask your friends and family for help in increasing your independence



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