

50 Things You Can Do to Help Someone Get Ready for Life on Their Own

1. Help them get an original copy of their birth certificate.
2. Help them get a social security card (and wallet to put it in).
3. Enroll them in a school program in which they can succeed.
4. Help them get a picture identification card.
5. Find out if they are eligible for a Medicaid card.
6. Help them get copies of medical records.
7. Start a "life book" that will contain important papers.
8. Help them open up a bank account.
9. Teach them how to write and cash a check.
10. Line them up with a dentist that they can continue to use.
11. Line them up with a doctor they can use when they on their own.
12. Help them put together a family scrapbook.
13. Help them renew contact with family members.
14. Help them develop at least one friendship.
15. Line them up with a good counselor.
16. Take them to join a local recreation center.
17. Teach them some new ways to have fun.
18. Connect them with a church group.
19. Help them find a better paying job.
20. Make sure they really understand birth control.
21. Show them the best place to shop for food, clothing & furniture
22. Help them learn how to look up resources in the phone book.
23. Help them work through an independent living skills workbook.
24. Teach them how to read a map.
25. Take them on a tour of the city.
26. Teach them how to use the bus system and read the bus schedules.
27. Buy them an alarm clock and teach them how to use it.
28. Show them how to use the library & get a library card.
29. Help them get a driver's license and price insurance.
30. Role-play contacts with police, bank tellers, doctors & others.
31. Role-play several different styles of job interviews.
32. Help them put together a resume and an application fact sheet.
33. Make a list of important phone numbers.
34. Teach them how to cook five good meals.
35. Teach them how to store food.
36. Teach them how to use coupons and comparison shop.
37. Teach them how to read a paycheck stub.
38. Teach them how to use an oven and microwave.
39. Teach them how to thoroughly clean a kitchen and bathroom.
40. Take them to a session of adult court; traffic and criminal.
41. Tell them how to get a lawyer and when to get one.
42. Help them understand a lease or rental agreement.
43. Teach them how to do their taxes.
44. Teach them how to write a letter and mail it.
45. Help them develop good phone communication skills.
46. Go over tenant and landlord rights.
47. Help them find a safe, inexpensive place to live.
48. Teach them how to budget their money.
49. Help them find and get along with a potential roommate.
50. Talk to them often about feelings about going out on their own.

DAILY RESPONSIBILITY CHECKLIST

Check the items below to see how responsible you are:

- I woke myself up this morning.
- I took a shower and washed my hair today (if needed).
- I brushed my teeth this morning.
- I straightened my bedroom.
- I made it to school on time without someone else pushing me.
- I paid for my own bus fare (or I appreciate that somebody else helped me with the bus fare or transportation).
- I prepared my own nutritional breakfast.
- I cleaned up the kitchen after breakfast.
- I attended all classes.
- I ate a nutritional lunch.
- I completed all homework assignments.
- I made it to work on time.
- I don't have a job but I applied for one today.
- I did my best on the job today.
- I asked an adult to look over my job application.
- I got along with the adults in my life today.
- I asked for help if I needed it.
- I fixed my own supper or helped get it ready.
- I cleaned up the kitchen after supper.
- I swept the kitchen floor.
- I emptied the garbage and changed the bag if needed.
- I changed any burnt-out light bulbs.
- I went shopping for groceries.
- I vacuumed the floors if needed.
- I cleaned up my room today.
- I did my laundry today if needed.
- I thought about what I needed to do tomorrow.
- I read something about independent living.
- I scheduled my own medical and dental appointments.
- I kept all of my appointments this week.
- I made it to all of my appointments on time this week.
- I have a state ID card, a social security card and a certified copy of my birth certificate.

Signs of advanced responsibility:

- I paid for my own food this week.
- I paid for my own clothing this month.
- I paid my own utility bills this month (gas, elec., heat)
- I paid my own phone bill this month.
- I paid for my own transportation.
- I put some money in savings this week or month.
- I attended classes on independent living this week.
- I scheduled & kept my own medical and dental appointments.