

INDEPENDENT LIVING CHECKLIST



While moving out on your own can be exciting, it requires a whole new level of responsibility. Being more independent means taking an active role in your health and wellness, personal care, job training, school work, and other areas of your life.

Below are some questions to ask yourself to see whether you are prepared to live more independently. You may not be able to answer “yes” (or “always”) to every question listed, but you should be familiar with where to go for assistance services.

Overall Independence

- Do you have any savings? Yes No
- Do you have a source of steady income? Yes No
- Are you contributing to the household income (e.g., paying rent, utilities, etc.)? Yes No
- Are you able to get from place to place independently? Yes No
- Do you have a place to live or have you begun looking for one? Yes No

Social Supports and Staying Emotionally Healthy

- Do you have friends that you spend time with on a regular basis? Yes No
- Do you regularly communicate with family and friends? Yes No
- Is there at least one person you talk to when you feel sad, nervous, or things aren't going well? Yes No
- Are you familiar with the common symptoms of depression? Yes No
- Do you seek help from others when you experience those symptoms? Yes No
- What are your hobbies? Or, what do you enjoy doing?

- Do you regularly make time for these activities? Yes No

Staying Physically Healthy

- If you take medications, do you know the name, dosage, reason, and potential side effects for each prescription? Yes No
- Do you take your medication as prescribed and without being prompted? Yes No

Have you taken time to learn about the options available for preventing pregnancy, HIV/AIDS, and sexually transmitted diseases?

Yes No

Do you independently and effectively handle your personal hygiene?

Yes No

Are you familiar with the risks associated with smoking, drinking, and using drugs?

Yes No

Do you exercise regularly?

Yes No

Are you satisfied with your current weight?

Yes No

School and Work

What type of things are you good at?

What topics or careers would you like to learn more about?

Do you have career goals?

Yes No

Are you familiar with the options available to help cover the cost of job training or college?

Yes No

Do you volunteer regularly?

Yes No

Do you attend classes/work regularly?

Yes No

Do you think that your school/work assignments are at the right level for you?

Yes No

Are you doing well in school and/or at work?

Yes No

Accessing Health Care

How is your health care paid for?

Who is your family doctor (or, what is the name of the clinic you go to for care)?

Do you regularly schedule and get to medical and dental appointments independently?

Yes No

Are you independent in your health care decision making?

Yes No

Are you familiar with how to use your insurance or medical card?

Yes No

Are your immunizations current?

Yes No

Have you found an adult health care provider?

Yes No

Have you had your first appointment with your adult providers?

Yes No

For more information, download the *Making the Move to Managing Your Own Personal Assistance Services (PAS) Toolkit for Youth with Disabilities Transitioning to Adulthood* available at www.ncwd-youth.info.