

Can They Live and Work On Their Own

What Supports Will They Need to Be
Successful?

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Objectives

- ❑ Identify Important Skills For Living Independently
- ❑ Identify Strategies to Address Each Skill Area
- ❑ Develop a List of Resources
- ❑ Make Connections With Other Families

What's Important

- Money Management
- Transportation
- Meal Planning / Cooking / Shopping
- Housekeeping
- Appointments
- Free Time

Transportation

IDEAS

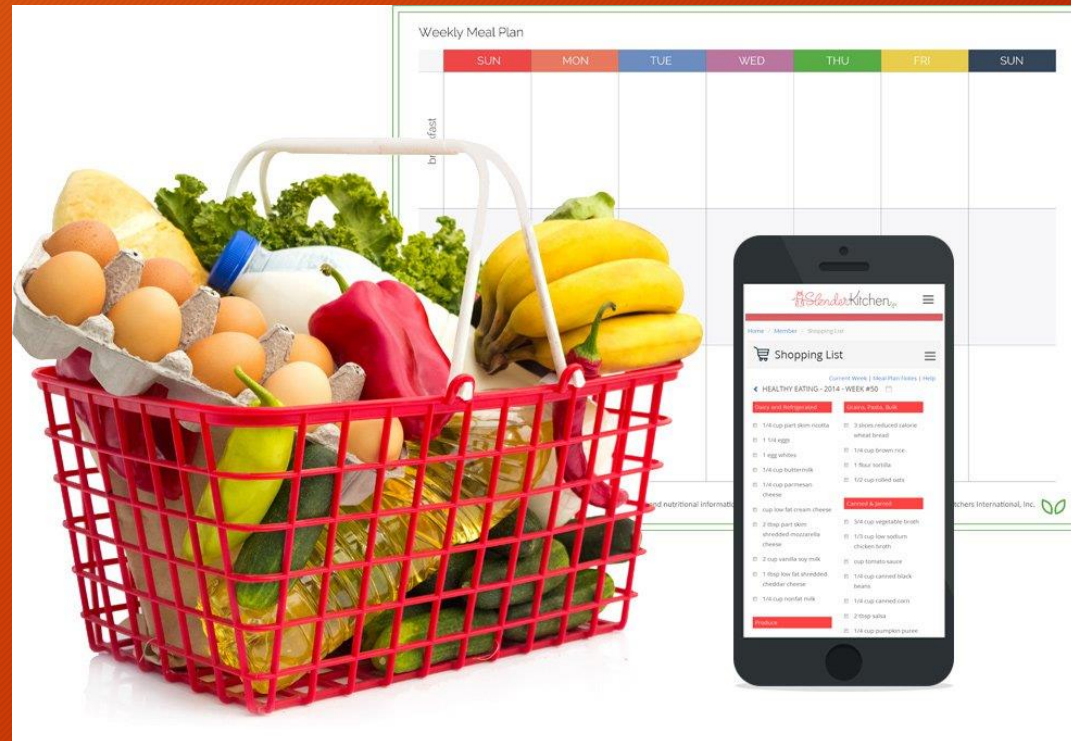
- TAP Pass
- The Ride
 - Public Transportation
 - Uber
- Other Options?



Meal Planning/Cooking

IDEAS

- Plan Weekly Menus
- Learn How to Make 3 Simple Meals
- Use Apps for Making Lists
- Develop a Routine
- Learn About Food Safety



Housekeeping

IDEAS

- Create a Task List and Schedule
- Purchase or Make Cleaning Solutions That are Easy and Safe
- Label Products and Store in Visible Locations
- Learn About Home Safety



Making Appointments/Schedules

IDEAS

- Have a List of Doctors and Service Providers
- Online Appointments
- Use Picture Schedules and other Organization Apps
- Share Schedules With Others



Free Time

IDEAS

- Develop a Network of Friends
- Carpool
- Join Groups
- Volunteer
- Mentors



Money Management

IDEAS

- Create a Budget
- Use Debit Cards
- Use Pre Paid Cards
- Online Banking
- Separate Accounts



Resources

- Recreation:

<http://accessrec.org/>

- Travel:

http://www.mbta.com/uploadedfiles/Riding_the_T/Accessible_Services/The_Ride/TRECBrochurePDF.pdf

- TAP Pass:

http://www.mbta.com/uploadedfiles/Fares_and_Passes_v2/Reduced_Fares/AccessPassPDF.pdf

Map My Route:

http://www.mbta.com/rider_tools/

Schedules:

<https://itunes.apple.com/us/app/visual-schedule-planner/id488646282?mt=8>

