

# 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](http://www.ncwd-youth.info).