

Thinking About Independent Living and Transition Goals

Long-range goals written into your IEP regarding INDEPENDENT LIVING might include statements such as:

- Learn to understand your disability;
- Develop the necessary skills to make independent decisions;
- Develop the ability to take care of your personal needs without help from others;
- Be able to manage your personal needs utilizing necessary supports;
- Develop the necessary skills to live in a supervised apartment or a group home;
- Maximize your ability to function independently within your family environment.

After long-range goals have been determined, ask the following questions to assess your needs and identify the activities that will be necessary to include in the transition planning in order to achieve these long-range goals:

Do you have opportunities to make choices and decisions at school and at home?

Have you and your family received information about residential alternatives?

Have you had an opportunity to visit any locations in your community?

Do you have the skills to be self-supporting in your home? If not, what skills do you need to learn?

Will you need help in some of the decision-making?

Do you have independent living skills, such as cooking, shopping, and cleaning?

Do you require an assistant to help you with personal needs?

Do you have a special transportation need? How will this need be met beyond high school?

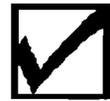
If respite care will be an issue, has DMR or other adult agencies or sources been contacted?

Do you need assistance in handling money?

Have you been given information about financial assistance that may be available to you, such as Supplemental Security Income, Medicaid, or State Supplement for People with Disabilities?

Independent Living Checklist

Please Check All That Apply



Life Skills

These are some of the skills you will need to learn so that you can live on your own.

- *Cooking _____
- *Cleaning _____
- *Shopping _____
- *Personal Hygiene _____

Transportation

Knowing how to find and use suitable transportation can help you be more independent.

- *Independent – walk or ride with others, drive your own car _____
- *Public – bus, train _____
- *Specialized – private vehicle, wheelchair accessible _____

Self-Advocacy

This information can help you have confidence if you need to ask for help.

- *Knowing your rights and responsibilities _____
- *Understanding your disability _____
- *Knowledge of the resource help available _____

Medical and Support Services

These services can enable you to live successfully on your own.

- *Access to Health Services _____
- *Counseling _____
- *Personal Care Services _____
- *Adaptive Equipment _____

Financial Management

Learning about the ways to take care of your money and your bills is an essential part of being an adult.

- *Managing a Bank Account _____
- *Supplemental Security Income (SSI) _____
- *Public Assistance Services _____
- *Insurance _____
- *Guardianship, Wills, and Trusts _____

Use page 23 to help you write your transition objectives/activities in the area of Independent Living.