

TD's Tips!

Independent Living and Community Engagement



What can I do?

1. Explore with your transition team the different living for you to live away from home, if that is interesting to you or a goal of yours.
2. Practices using different methods of transportation like buses, ride shares, driving and bicycling, so you can learn to get around your community.
3. Open your own savings or bank account to pay your bills or buy things that you want.
4. Build new friendships in school and in your community by getting involved in different organizations that you think look fun.

Pro Tip!

Ask your transition team how to enroll in classes at a community credit union to learn about managing your money, understanding money, savings, and credit cards.

How about an ultimate challenge?

Ask your transition team how you can learn to stay healthy on your own.

- Make a plan to learn about balanced diets, exercise that fits into your daily routine, how to be responsible for your medications, and how to get good sleep and take care of your mental health.
- Set goals to do one new healthy thing each month.



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This tip sheet is aligned to the “Independent Living and Community Engagement” lesson plan. You can search in the “resources” page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!