

TD's Tips!

Independent Living Skills Development



What can I do?

1. Make a list of skills that you can do on your own.
2. Make a new list of skills that you want to learn or might need support doing.
3. Ask a member of your transition team to help put together a planner or calendar to help you manage your activities and times.
4. Discuss your lists with family members and determine ways that they can help you become more independent.

Pro Tip!

Think about your strengths! Rate yourself on a scale of 1-5 (1 = need full support from adult; 5 = fully independent) to see how comfortable you are with your daily activities and where you have room to learn and grow!

How about an ultimate challenge?

After you rate yourself, share your list with your transition team and develop some independent living skills goals for the next year!



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This tip sheet is aligned to the "Youth Development" lesson plan. You can search in the "resources" page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!