

# TD's Tips!

# Independent Living Skills Development



## What can I do?

1. Talk to your family about moving out after high school. Think about where you want to live and how you can live on your own.
2. Ask your transition team about the skills you need to live independently.
3. Ask about supports and training like how to prepare healthy meals, money management, shopping, and getting along with others.
4. Ask your transition team if they can connect you with a former student who lives independently so you can talk with them about their experiences and what they have learned.
5. Learn how to organize a routine for taking care of your home and what products and tools are important to have to keep your home safe and clean.

## Pro Tip!

Create a set of daily & weekly chores that you can do independently or with minimal support so you can get into a routine and learn how to take care of your own home.

## How about an ultimate challenge?

With the support of your transition team, create a plan for independent living. List the skills and supports that you need in order to move out to live on your own.

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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!