

Preparing for Adult Living

Transition Skills, Tips & Tools



Everyone Has Limitations

It's important to make the most of your abilities and acknowledge your limitations. This understanding will help you know where you can improve and where you need accommodations. Becoming self-determined involves figuring out when and how to get the help you need.

You have the power to improve your quality of life. Steps you can take include:

- Learn ways to take care of your needs and know when to ask for help.
- Start setting your own goals and build decision-making skills.
- Know your personal care needs (such as bathing, teeth brushing, grooming, shaving, toileting) and how you will take care of them.
- Learn what you need help with and set up ways to get that help. For example, you may need an attendant to help you in the mornings and evenings with your personal care. More details on available home services is at www.dhs.state.il.us/page.aspx?item=29738.
- Carry your own identification card.
Examples: school picture ID, Illinois Person with a Disability ID Card, library card.
- Learn how to work appliances such as the microwave, stove, dishwasher, coffee maker, toaster, and washer and dryer.
- Start doing your own laundry.
- Do housekeeping activities, such as dusting, vacuuming/sweeping, mopping, cleaning the sink, toilet, bathtub/shower.
- Start shopping for food items you need to make a meal. Make a list of food items to take with you to the grocery store. Find the items you need in the store and pay the cashier.
- Learn to manage your own money.
- Find out how much things cost, such as utilities, rent, insurance, food, clothing, transportation, etc.

- Know your rights for fair housing. More information is available from the U.S. Department of Housing & Urban Development website, Information for Disabled Persons: www.hud.gov/topics/information_for_disabled_persons.
- Ask your friends and family to help you learn the skills to be able to do things on your own.
- Learn about adaptive equipment that can make your everyday life easier. Ask your healthcare providers and educators for more information. The Illinois Assistive Technology Program (IATP) supports people with disabilities with assistive technology for daily living, device loans, a demonstration center, a loan program for funding and much more at www.iltech.org/. You can also call toll-free at (800) 852-5110 (voice) or dial 711 for Illinois Relay Services.
- Practice cooking some basic meals for yourself. See a few helpful tips below.

Are You Ready to Make Your Own Meals?

You can learn to make your own meals with these easy steps:

- ✓ Watch someone making snacks.
- ✓ Make your own snacks.
- ✓ Make a cold sandwich.
- ✓ Push buttons for microwave use.
- ✓ Learn to use the oven/stove safely.
- ✓ Use the oven/microwave with help.
- ✓ Work the oven/microwave on your own.
- ✓ Warm-up leftovers or frozen dinners.
- ✓ Sort foods by food groups.
- ✓ Help with fixing a meal.
- ✓ Learn to use a timer.
- ✓ Follow recipe directions.
- ✓ Pick out foods for a meal.
- ✓ Learn to stir or use a mixer.
- ✓ Clean the area where food was or is going to be prepared.
- ✓ Find all ingredients.
- ✓ Put ingredients away after use.
- ✓ Open and close containers. Use adaptive can openers or lid closers, if needed.
- ✓ Choose the right size pot or pan to use.

We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: dsc.uic.edu

