

## Living On Your Own



## and Knowing When to Ask for Help

1. **The key to independence is learning to make the most of your abilities and working around your limitations.**
2. **One way to help you become more independent is to start setting your own goals and making your own decisions.**
3. **Learn about adaptive equipment that can make your every day life easier.** Ask your health care providers and educators for more information.
4. **The Illinois Assistive Technology Program (IATP) promotes the availability of assistive technology services and programs for people with disabilities throughout Illinois.** IATP offers device loans, a demonstration center and much more. To learn more, go online to: <https://www.iltech.org/> or call toll-free **(800) 852-5110** (v/tty).
5. **Illinois has a new loan program for people with disabilities. The ILoan Program, Illinois Loans for Independent Living, makes loans to purchase assistive technology for daily living.** The ILoan Program also makes loans for other equipment, for self-employment and home-based employment. To learn more, go to: <https://www.iltech.org/repository/financialloans> or call toll-free **(800) 852-5110** (v/tty).
6. **Knowing what you need help with and setting up ways to get that help are important.** For example, you may need an attendant to help you in the mornings and evenings with your personal care.
7. **Everyone has some limitations.** People who become independent have figured out when and how to get the help they need.
8. **To help you look at what skills you have and what skills are still needed,** go to the Adolescent Autonomy Checklist at: [http://www.spannj.org/Family2Family/adolescent\\_autonomy\\_checklist.htm](http://www.spannj.org/Family2Family/adolescent_autonomy_checklist.htm).

**We're here to help.** To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

[dsc.uic.edu](http://dsc.uic.edu) or like us on  [facebook.com/dsc.uic.edu](https://facebook.com/dsc.uic.edu)