

Tips for Getting Ready to Live Away from Home



You will need to learn ways to take care of your own needs to be able to live on your own.

- Become aware of your personal care needs (bathing, teeth brushing, grooming, shaving, toileting) and how you will take care of them. Will you need some one to help you take care of your personal needs, such as a personal assistant?
- Carry your own identification card. Examples: school picture I.D., IL Disabled Persons I.D. card, library card.
- Learn how to work the microwave, stove, dishwasher, coffee maker, toaster, and the washer and dryer.
- Start doing your own laundry.
- Do housekeeping activities, such as dusting, vacuuming/sweeping, mopping, cleaning the sink, toilet, bathtub/shower.
- Start going 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, like utilities, rent, insurance, food, clothing, transportation etc.
- Develop a plan for when you will move out and where you will go.
- Know your rights for fair housing. More information is available from the US Department of Housing & Urban Development website, *Resources for Housing for People with Disabilities*: <http://www.hud.gov/groups/disabilities.cfm>.
- Learn to be in charge of your own health care.
- Ask your friends and family to help you learn the skills to be able to do things on your own.
- Practice cooking some basic meals for yourself.

See the reverse side for a cooking skills checklist.

Are You Ready to Make Your Own Meals?

- 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 oven/microwave on your own.
- Warm up leftovers or frozen dinners.
- Sort foods by food groups.
- Assist 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, fixed.
- 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 UIC-Specialized Care for Children's programs and services, check out our website at:

dscc.uic.edu or like us on  facebook.com/dscc.uic.edu