

It's Your Life! Things To Think About...

Life Skills

- Using basic appliances & tools
- Maintaining house & grounds
- Appropriate dress
- Personal hygiene/ grooming
- Social Skills
- Safety
- Sex education
- Marriage, children, parenting
- Preparing and consuming food
- Care of clothing
- Laundering of clothing
- Household cleaning
- Shopping
- Money management
- Care of medical condition
- Other _____

Social Skills

- Handling praise & criticism
- Knowledge of physical self
- Self-confidence
- Aware of emotions
- Respect for others
- Respect for authority
- Appropriate behavior in public
- Honesty
- Developing friendships
- Listening & responding
- Other _____

Housing Options

- Live alone
- Live with roommate
- Live with existing family
- Live with other family member
- Apartment
- House
- Supervised apartment/house
- Host home
- Group home
- Other _____

Career/ Employment

- Full/ part-time regular job
(competitive employment)
- Full/ part-time
(supported employment)
- Self-employment
- Volunteer work
- Sheltered workshop
- Military service
- Other _____

Employment Development

- Awareness of job possibilities
- Understanding personal strengths &
areas I need to work on
- Being mindful of work habits
- Appropriate behaviors and dress
- Finding and keeping a job
- Other _____

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Leisure/ Recreation

- Community center recreational programs
- Community education classes
- Clubs
- Team sports
- Hobby clubs
- Church groups
- Friendship circles
- Choosing and planning activities
- Independent recreational activities (bowling, tennis, movies, etc.)
- Other _____

Transportation

- Driver's license/access to car
- Walk/ ride bike
- Ride bus/ taxi/ train
- Specialized service
- Finding way around the community
- Knowledge of traffic rules
- Other _____

Education

- College or university
- Community college
- Technical college
- Vocational training
- On-the-job training
- Other _____

Community Participation

- Voting
- Obeying laws
- Locate and use local businesses, stores, banks, restaurants, theatres, and library
- Volunteer work
- Other _____

Financial/ Legal Concerns

- Earned income
- Insurance
- Wills/ trusts
- Social security benefits
- Supplemental Security Income (SSI)
- Guardianship
- Bank account
- Budgeting
- Understanding credit
- Paying bills
- Self-advocacy
- State identification ID
- Other _____

Medical/ Support Services

- Seeking medical/ dental care
- Counseling
- Managing personal medications
- Personal care services (haircuts)
- Assistive technology
- Other _____