

Am I Ready To Live On My Own?

Yes No

- Do I brush my teeth at least once a day?
- Do I bathe at least every two days?
- Do I use soap and shampoo during my bath?
- Do I use deodorant?
- Do I shave?
- Have I ever asked for a hair cut?

- Have I ever cleaned my room?
- Have I cleaned up a mess without being asked/told?
- Have I ever vacuumed a room?
- Have I done laundry?
- Have I cleaned a house?

- Do I get my own snacks?
- Have I ever cooked a meal?
- Have I ever followed a recipe?
- Have I ever bought groceries for a meal?
- Have I ever made a shopping list?
- Have I ever cleaned a kitchen after a meal, and washed dishes?
- Have I ever planned a meal with all four-food groups?

- Have I heard of 911?
- Have I put a bandage on a cut?
- Can I keep it a secret that I am home alone?
- Have I ever ignored a stranger who was bothering me?
- Do I report strangers who bother me?
- Do I lock the doors to my house?
- Can I take medicine without help?

- Do I know what I want to do in the future?
- Do I understand my disability?
- Can I solve problems myself?

- Do I feel good about myself?
- Have I prioritized tasks to do?
- Do I have my appointments written down?
- Have I ever scheduled an appointment with someone?

Yes No

- Do I use crosswalks?
- Do I use street light signals to walk across the street?
- Have I ever ridden a bus by myself?
- Have I ever called the bus station to find a bus route?
- Have I ever used a bus schedule?
- Have I ever gone somewhere unfamiliar on the bus?
- Have I ever used a bus stop sign to find a bus stop?

- Have I ever gone to a park?
- Have I ever ordered the food at a restaurant?
- Have I ever gone to a movie by myself?
- Have I ever gone to the mall by myself?
- Do I have a sport I like to play?
- Have I ever planned an outing?

- Do I have 5 close friends?
- Do I have one close friend, other than a boy/girl friend?
- Have I ever gone out with a friend?
- Do I ever ask friends to go somewhere with me?
- Have I ever gone on a date?
- Have I ever asked someone out on a date?
- Do I know how babies are made?

- Have I answered the phone?
- Have I ever called someone on the phone?
- Do I keep a personal address book?
- Have I ever looked up a phone number in both the white and yellow pages?
- Do I know how to use a pay phone or cell phone?
- Have I ever used 411 to get a phone number?

- Have I ever gone shopping alone?
- Have I ever waited for change?
- Have I ever looked for a cheaper price at the store?
- Have I ever shopped for more than 20 items?
- Have I ever tried on clothes?
- Have I ever planned a shopping list?

- Have I ever used a money order?
- Do I have a savings account?

Yes No

- Have I ever deposited money in a savings account?
- Have I ever written a check?
- Have I ever paid a bill?
- Can I budget my money for a month?

- Do I want a job to earn money?
- Have I ever looked for a job in the newspaper?
- Have I ever interviewed for a job?
- Have I ever hired for a job I applied for?
- Have I ever stayed on a job for more than six months?
- Have I ever accepted criticism from an employer?
- Have I ever done work I liked?

- Can I give my full name, address, and my phone number?
- Do I have four character references from persons to whom I am not related? (Include address and phone numbers)

- Do I have a complete medical history?
- Have I ever asked for a job application?
- If I can't fill out a form, do I know how to get help?
- Do I have the information about my education, including all the dates and addresses?
- Have I ever filled out an application asking for my social security number? birth date, and previous employers, including time employed, addresses, and phone number?

If you cannot do these alone, can you do these things with the help of your aide, roommate or friend?