

## Helping Yourself to Independence

"The more independent our students are, even in small ways, the better care they will get." Tom Neary, Special Education Program Specialist

The job of all parents is to help their child become as independent as possible. Your job as a teen with special needs is to learn many self help skills for the adult world. Not all of the skills we have listed will be something that everyone can achieve. These worksheets are meant as general guidelines for you in making the transition to adulthood. Use them to give yourself a better idea of the skills you currently have or need to work on. If you need help to perform a skill, please describe the help needed.

<b>Insurance</b>			
<i>Skill</i>	<i>Can Do Independently</i>	<i>Can Do W/ Help Describe</i>	<i>Needs Someone To Do This</i>
I know my insurance plan name, address, case manager contact information and am responsible for insurance ID card			
<b>Providers</b>			
I know names of primary care providers (dentist, specialists) and how to contact			
I know how to make medical appointments			
I know how to order medications from pharmacy, equipment from providers, etc.			
I keep a summary medical file			
I have an adult (non-pediatric) doctor			

**Medical Care/Health Skills**

<i>Skill</i>	<i>Can Do Independently</i>	<i>Can Do W/ Help Describe</i>	<i>Need Someone To Do This</i>
I can describe my medical condition(s)			
I understands how my special need affects daily life			
I can prepare and ask questions of health care providers			
I know: <ol style="list-style-type: none"> <li>1. The medications I take</li> <li>2. When to take them</li> <li>3. What they are for</li> <li>4. How to refill them</li> </ol>			
I can perform own treatments, therapy or exercises			
I can manage own diet			
Can call or go on-line to make appointments for medical or dental care			
I can recognize signs & symptoms which require a doctor or dentist visit, such as infection, breathing problems, skin breakdown, urinary tract infection, high fever, allergic reaction, toothache			
I can recognize signs & symptoms of medical emergency and can activate EMS (Emergency Medical System)			
I knows what equipment I use, what is does and who to contact for repairs			
I understand basic sexuality concepts <ol style="list-style-type: none"> <li>1. Physical changes</li> <li>2. Menstruation</li> <li>3. Acne</li> <li>4. Sexuality</li> <li>5. Pregnancy</li> <li>6. STDs</li> </ol>			
I know about alcohol, tobacco, and drugs			
I have someone to talk to when I feel sad			

### Independent Living/Self-Advocacy

<i>Skill</i>	<i>Can Do Independently</i>	<i>Can Do W/ Help Describe</i>	<i>Needs Someone To Do This</i>
I can interview, hire, instruct, evaluate, terminate attendant			
I have appropriate social skills			
I understand about inappropriate touching or actions and who to tell if it happens			
I have a driver's license or state ID card			
I am able to pay for item(s) in store or restaurant			
I am able to use public transportation			
I have safe, affordable housing			
I can budget money and pay bills			
<b>Self Care</b>			
I use the toilet (clean, intermittent catheterization or bowel program)			
I shower or bathe myself			
I brush my teeth			
I brush my hair			
I can inspect skin for breakdown			
<b>Mobility</b>			
I ambulate (walk) independently			
I ambulate (walk) with use of aids			
I use my wheelchair independently			
I can transfer myself			

<b>Eating</b>			
<i>Skill</i>	<i>Can Do Independently</i>	<i>Can Do W/ Help Describe</i>	<i>Needs Someone To Do This</i>
I can feed myself			
I can shop for my own food			
I can cook my own food			
<b>Dressing</b>			
I can dress myself			
I choose appropriate clothing for occasion and weather			
<b>Household Chores</b>			
I can do laundry			
I can wash my dishes			
I can make my bed			
I can use the telephone			
<b>Jobs &amp; Post-Secondary Education &amp; Training</b>			
I can use a computer, search the internet, and word process			
I can advocate for myself regarding accommodations needed in school, work, community or home			
I have a resume			
I can complete a job application and can interview for a job			
I have obtained vocational training or performed volunteer service			
I have developed the interpersonal skills necessary to maintain employment			
I know how to apply and register for college			
I know how to access disability support and counseling services			
<b>Recreation &amp; Leisure</b>			
I have developed a variety of recreation & leisure skills			
I have spectator or audience member skills			
I can identify affordable recreation & leisure activities			
I can arrange social activities			
I have identified social supports through family, peer group, mentors, community resources			