

Transition Tips: Enhancing Independent Living Skills at Home

The development of independent living skills is critical for success in our everyday lives. Review the activities below to learn about how you can enhance independent living skills while you are at home.

Create a Budget

Practice budgeting by planning family meals for one week on a budget. Check weekly advertisements for the store you usually shop and formulate a shopping list. This will assist you in tracking the money you have been given to the money you spend.

Open a Bank Account

Open a bank account to learn how to make good choices about spending and saving. Practice using a debit card, making ATM withdrawals, and keeping track of purchases and account balances.

Manage Health Care

Take an active role in managing your health care by making a list of medications you take, create reminders on your calendar and begin scheduling your own doctor's appointments.

Prepare Meals

Improve your cooking skills by preparing a family dinner once a week. Start with recipes that are simple and healthy. There are many three ingredient dishes that are healthy and taste good.

Practice Time Management

Set a routine at home to help you to increase responsibility and independence. Create a home routine and make sure you include waking up at the same time every day.

Do Laundry

Wear clean clothes to school and work as it is essential to establishing a good impression. Get into the habit of doing laundry weekly and establish a routine for sorting, washing, drying and putting clothes away afterwards.

Maintain Good Hygiene

Enhance your hygiene habits by making sure you wash your body and hair often, keep your nails trimmed, brush your teeth twice a day, and floss daily. Add these to your home routine schedule so you don't forget!

Enhance Transportation Skills

Practice using a GPS device, phone apps, or an online mapping service when you are traveling in your community. Understanding directions and the time it takes to get someplace are important skills.

Stay Active

Exercise daily as it is an important part of self-care and staying healthy. Create a daily exercise routine that includes at least 30 minutes of activity. Various activities to keep you active include walking, running, biking, dancing or swimming.

Complete Chores

Contribute to the maintenance and cleaning of your family's home by helping with household chores. Share tasks with family members and complete a new chore a week such as washing dishes, vacuuming, cleaning bathrooms, and taking out the trash.