

ON THEIR OWN

Are they ready to be on their own?

Everyone's situation and needs are different. This is a very general list. *Think: Did I know how to do this when I left home? Did I learn it over time? Is there an app or accommodation for that?*

Can they do the following with minimal or no prompts?

A note about minimal prompts – we all have our accommodations or prompts to get us through the day and remind us to complete tasks. Will they respond to an alarm clock? Notice reminders set on a phone? Follow a checklist or schedule independently?

Morning routine

- Can they wake up on their own (with an alarm if needed)?
- Do they consistently practice appropriate hygiene and wear appropriate clothing?
- Do they eat something healthy?
- Do they make sure to depart home with enough time to arrive on time?
- Do they lock the door!

Activities of Daily Living

Budgeting

- Do they understand the value of a dollar?
- Are they able to stay in budget?
- Can they count paper money and coins? Do they understand it can be dangerous to carry larger amounts of cash?
- Are they able to read and understand a bank statement?
- Can they log in to their bank account online?
- Do they understand the difference between debit and credit cards? Are they able to use a debit card?
- Do they know how to keep their account information safe?
- Can they set up online bill payments?

Transportation

- Are they able to drive or access public transportation?
- Do they know how to use rideshare apps if needed?
- Are they able to use a map app on their phone (or read a map) to find their way?

We have to eat!

- Do they know how to prepare at least 5 meals that follow nutrition guidelines?
- Are they able to navigate a grocery store or have groceries delivered?

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- Would they benefit from one of the new pre-prepped meal services?
- Do they know how to handle kitchen emergencies? (I cut myself, small fires, etc...)
- Are they able to order off a menu?
- Do they understand the concept of tipping for good service?

Maintaining their space

- Are they able to follow a cleaning schedule?
- Do they understand that the way they keep their apartment impacts others?
- Are they able to contact maintenance when issues pop up?
- Can they do their laundry?

Staying safe

- Are they generally aware of their surroundings?
- Do they understand boundaries when in public?
- When accessing social media, do they understand their digital footprint?
- Do they know when to call 911? 311? A friend? A family member? The apartment manager or security?
- Are they able to schedule appointments?

Wrapping it up at the end of the day

- Do they have an evening hygiene routine that they follow?
- Are they able to put down the electronics and get to bed at a decent hour?
- Do they check to make sure everything is safe and secure before going to bed?

Notice I didn't even mention socialization on this list? While extremely important, it is not a determinant of whether someone is ready to live on their own.