

## Independent Living Standards

### Overview:

No one model of support services will work in all contexts and meet all needs. A diversity of providers and models is often required. The goal for most individuals is to live in the community, not in segregated settings, with or without services. Many persons with disabilities will need some assistance and support to achieve a good quality of life. In order to participate in social and economic activities on an equal basis with others they may need assistance such as, a sign language interpreter, a personal care assistant or family member. People with multiple impairments may require intensive support to remain in their homes.

### Framework:

The guide consists of [3 major areas of living based on the level of support needed](#):

1. Independent Living – no support needed
2. Independent Supported Living – minimal to moderate support needed; daily support is not provided
3. Supported Living – multiple/significant support needed, daily support is provided

Each level of support addresses [10 basic competencies](#) required for successful community living and working:

1. Relationships/Citizen Responsibilities
2. Recreation/Leisure/Community Participation
3. Transportation/Mobility
4. Health & Safety & Emergency Care
5. Managing Household Facility
6. Care for Personal Needs
7. Personal Finance and Insurance
8. Technology
9. Self Determination/Interpersonal Skills
10. Employment/Education/Training

In addition, the [critical skills](#) needed for each of the 10 competency areas are provided in the matrix below.

### How to use this guide:

So where does one start in this guide? Individuals will not necessarily fit neatly in one of the three major areas described in this guide. The level of support needed will vary depending upon an individual's disability, age, and level of functioning. Age appropriate formal and informal assessment data can contribute to determining what skills need to be addressed in each area

### Independent Living Skills Matrix - skills needed to be successful in the community for each competency area based on levels of support

These standards have been aligned to the MO Learning Standards & Guidance and Counseling Grade Level Expectations (GLEs)  
*Created by Special School District and Agency Partners 5.2019*

### Independent Living Standards

Competencies	Independent Living	Independent Supported Living	Supported Living
	<p><i>A living arrangement that maximizes independence and self-determination in the community. The environment is an integrated setting, full time, comparable to that of a non-disabled person.</i></p>	<p><i>A supported living arrangement where a range of services are provided and designed to build individual self-esteem, maintain dignity, and increase independence (may require a funding source).</i></p>	<p><i>A fully supported living arrangement for individuals who need personal services, supervision, and/or assistance for self-protection, medical care, and/or daily living (may require a funding source).</i></p>
<p><b>Personal Finance &amp; Insurance</b></p>	<ul style="list-style-type: none"> <li>● Use financial services appropriately i.e., buying on credit, debit, saving, checking, interest, loans, late penalties, payroll deduction (GLE AD4A12; Show Me Standards MA 2,3,5,6)</li> <li>● Create a budget to cover expenses and pay bills (GLE AD4A12; Show Me Standards MA 2,3,5,6)</li> <li>● Count money and make correct change (Coins, bills, tips) (GLE AD4A12; Show Me Standards MA 2,3,5,6)</li> <li>● Keep financial records, i.e., receipts, cell phone agreement, bank statements (GLE AD4A12; Show Me Standards CA 1,,3,4,5,6)</li> <li>● Awareness of one's responsibility for taxes, i.e., federal, state, local, personal property (GLE AD4A12; PS1C12 Show Me Standards MA 1,3,5)</li> </ul>	<ul style="list-style-type: none"> <li>● Some knowledge of using financial services appropriately i.e., buying on credit, debit, saving, checking, interest, loans, late penalties, payroll deduction (GLE AD4A12; Show Me Standards MA 2,3,5,6)</li> <li>● Learn to create a budget to cover expenses and pay bills (GLE AD4A12; Show Me Standards MA 2,3,5,6)</li> <li>● Understanding of how money works (count, make change) (GLE AD4A12; Show Me Standards MA 2,3,5,6)</li> <li>● Learn how to keep financial records, i.e., receipts, cell phone agreement, bank statements (GLE AD4A12; Show Me Standards CA 1,,3,4,5,6)</li> <li>● Learn one's responsibility for taxes, i.e., federal, state, local, personal property (GLE AD4A12; PS1C12 Show Me Standards MA 1,3,5)</li> </ul>	<ul style="list-style-type: none"> <li>● Requires adult support</li> </ul>

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	<ul style="list-style-type: none"> <li>● Recognize when insurance is needed, i.e., renters, car, health, life (GLE AD4A12; Show Me Standards CA 1,3,4,5,6 MA 1,3,5)</li> <li>● Understand the difference between necessities and luxuries; wants vs. needs, i.e., transportation, food, housing, clothing, entertainment (GLE AD4B12; Show Me Standards MA 1,5, 6)</li> <li>● Understand how to obtain financial assistance, i.e., food stamps, SSI, unemployment, &amp; other benefits (GLE AD4B12; Show Me Standards CA 1,3,4,5 MA 1,3, 5, 6)</li> </ul>	<ul style="list-style-type: none"> <li>● Learn to recognize when insurance is needed. i.e., renters, car, health, life, (GLE AD4A12; Show Me Standards CA 1,3,4,5,6 MA 1,3,5)</li> <li>● Understand the difference between necessities and luxuries; wants vs needs, , i.e., transportation, food, housing, clothing, entertainment (GLE AD4B12; Show Me Standards MA 1,5, 6)</li> <li>● Learn how to obtain financial assistance i.e., food stamps, SSI, unemployment, &amp; other benefits (GLE AD4B12; Show Me Standards CA 1,3,4,5 MA 1,3, 5, 6)</li> </ul>	
<p><b>Relationship/ Citizen/ Responsibility</b></p>	<ul style="list-style-type: none"> <li>● Demonstrate knowledge of rights &amp; civil protections; what to do if arrested; responsibility for jury duty (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>● Understand “legal age”; legal obligation with contracts, leases, and loan applications (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>● Understand ‘what’s against the law’ i.e., felony, misdemeanor, violations (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>● Understand the voting process, i.e., registered, polling location (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>● Sign up for selective service per law (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> </ul>	<ul style="list-style-type: none"> <li>● Demonstrate some knowledge of rights &amp; civil protections; what to do if arrested; responsibility for jury duty (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>● Learn to understand “legal age”; legal obligation with contracts, leases, and loan applications (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>● Some understanding of ‘what’s against the law,’ i.e., felony, misdemeanor, violations (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>● With assistance, understand the voting process, i.e., registered, polling location (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>● With assistance, sign up for selective service (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> </ul>	<ul style="list-style-type: none"> <li>● Able to maintain appropriate behavior in a group (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>● Tolerate adult directed activities (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>● Willing to follow a routine (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> </ul>

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	<ul style="list-style-type: none"> <li>Understand the function of a lawyer or need for representation with disputes/clarification (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>Understand the different functions of relationships, i.e., families, friends, professional, intimate (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> </ul>	<ul style="list-style-type: none"> <li>Abie to seek assistance in understanding the function of a lawyer or need for representation with disputes/clarification (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> <li>Learn the different functions of relationships i.e., families, friends, professional, intimate (GLE PS1B12 PS1C12 Show Me Standards CA 1,3,4,6)</li> </ul>	
<b>Recreation Leisure/ Community Participation</b>	<ul style="list-style-type: none"> <li>Able to use available community resources, i.e., museums, movies, parks, library (GLE PS1A12 PS1C12 Show Me Standards CA 1,2,4,5,6)</li> <li>Choose and plan recreational activities; understand the value of recreation; engage in group and individual activities (GLE PS1A12 PS1C12 Show Me Standards CA 1,2,4,5,6)</li> <li>Manage leisure time appropriately, in healthy ways &amp; avoid negative options (GLE PS1A12 PS1C12 PS3A12 Show Me Standards CA 1,2,4,5,6)</li> </ul>	<ul style="list-style-type: none"> <li>Learn to use available community resources, i.e., museums, movies, parks, library (GLE PS1A12 PS1C12 Show Me Standards CA 1,2,4,5,6)</li> <li>With assistance, choose and plan recreational activities; understand the value of recreation; engage in group and individual activities (GLE PS1A12 PS1C12 Show Me Standards CA 1,2,4,5,6)</li> <li>With assistance, manage leisure time appropriately, in healthy ways &amp; avoid negative options (GLE PS1A12 PS1C12 PS3A12 Show Me Standards CA 1,2,4,5,6)</li> </ul>	<ul style="list-style-type: none"> <li>Participate in planned, structured activities, such as, church, movies, parks, retail (GLE PS1A12 PS1C12 Show Me Standards CA 1,2,4,5,6)</li> </ul>
<b>Transportation &amp; Mobility</b>	<ul style="list-style-type: none"> <li>Adhere to traffic rules and pedestrian safety (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>	<ul style="list-style-type: none"> <li>Learn to adhere to traffic rules and pedestrian safety (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>	<ul style="list-style-type: none"> <li>Able to safely ride in a vehicle, such as, using a seat belt, staying seated (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>

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	<ul style="list-style-type: none"> <li>● Has a basic mode of transportation, i.e., car, bus, and an alternative mode, i.e, cab (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Able to coordinate, schedule &amp; use transportation, i.e, Call A Ride (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Use public or personal transportation safely (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Able to get and give directions; use GPS (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Can navigate the community safely (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>	<ul style="list-style-type: none"> <li>● Has a basic mode of transportation, i.e., car, bus, and an alternative mode, i.e, cab (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Learn to coordinate, schedule &amp; use transportation, i.e, Call A Ride (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Learn to use public or personal transportation safely (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Aware of need to get and give directions; use GPS(GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● With assistance, learn to navigate the community safely (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>	<ul style="list-style-type: none"> <li>● Practice safety in all environments (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Tolerate a wide variety of vehicles (GLE PS1A12, PS1C12, PS2A12, PS2B12, PS3A12, PS3B12, Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>
<p><b>Health/Safety /Emergency</b></p>	<ul style="list-style-type: none"> <li>● Understand personal/bodily violations (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Distinguish between emergency and non-emergency situations, i.e., sick, legal problems (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>	<ul style="list-style-type: none"> <li>● Understand personal/bodily violations (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Contact support to distinguish between emergency and non-emergency situations, i.e., sick, legal problems (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>	<ul style="list-style-type: none"> <li>● Requires full support for health, safety and emergencies (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>

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	<ul style="list-style-type: none"> <li>● Demonstrate knowledge of emergency equipment needed in household, i.e., fire extinguisher, smoke detectors, first aid kit (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Demonstrate knowledge of basic first aid (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Understand meds, i.e., when/how to take, side effects, needed dosage, purpose, refill process, prescribed, over the counter (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Identify the appropriate medical professionals; schedule/attend appointments (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Demonstrates knowledge of illness, i.e., physical &amp; mental needs, access to records (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Develop and follow emergency procedures (inside &amp; outside) i.e., inclement weather, sick- call 911 or doctor's office (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Understand 'stranger danger' and need for safety in public places (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>	<ul style="list-style-type: none"> <li>● Demonstrate knowledge of emergency equipment needed in household, i.e., fire extinguisher, smoke detectors, first aid kit (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Demonstrate knowledge of basic first aid (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● With assistance, able to take meds at the appropriate times (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● With assistance, identify the appropriate medical professionals; schedule/attend appointments (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Learn about illnesses, i.e., physical &amp; mental needs, access to records (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● With assistance, develop and follow emergency procedures (inside &amp; outside) i.e., inclement weather, sick- call 911 or doctor's office (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> <li>● Some awareness of 'stranger danger' and need for safety in public places (GLE PS3A12 Show Me Standards Health/PE 2, 3, 4, 5, 7)</li> </ul>	
<p><b>Managing Household Facility</b></p>	<ul style="list-style-type: none"> <li>● Can comparison shop (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> </ul>	<ul style="list-style-type: none"> <li>● Learn to comparison shop (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> </ul>	<ul style="list-style-type: none"> <li>● Requires full support for managing household facilities, such as, simple</li> </ul>

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	<ul style="list-style-type: none"> <li>• Able to access community resources, i.e., grocery store, laundromat (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> <li>• Able to perform basic chores/housekeeping (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> <li>• Recognize need for minor household repairs, i.e., faucet dripping (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> <li>• Use appliances and tools for daily living, cooking, cleaning, repairs &amp; maintenance (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> <li>• Able to contact supports for household, such as, landlord, plumber, electrician (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> </ul>	<ul style="list-style-type: none"> <li>• With assistance, able to access community resources i.e., grocery store, laundromat (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> <li>• With assistance, able to perform basic chores/housekeeping (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> <li>• Able to seek assistance for minor household repairs. I.e., faucet dripping (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> <li>• Use appliances and tools for daily living, cooking, cleaning, repairs &amp; maintenance (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> <li>• With assistance, able to contact supports for household; such as, landlord, plumber, electrician (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</li> </ul>	<p>chores, meal prep (GLE AD4A12 Show Me Standards CA 1,3,4,5,6 MA 1,2,5)</p>
<p><b>Caring for Personal Needs</b></p>	<ul style="list-style-type: none"> <li>• Maintain personal hygiene and grooming; dress self, toileting, bathing (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Wake self up without assistance (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Maintain laundry (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Meet schedules and appointments on time (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain personal hygiene and grooming; dress self, toileting, bathing (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Wake self up without assistance (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• With assistance, maintain laundry (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• With assistance, meet schedules and appointments on time (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> </ul>	<ul style="list-style-type: none"> <li>• Requires support ranging from prompts to full support to care for personal needs (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Tolerate assistance with hygiene (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> </ul>

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	<ul style="list-style-type: none"> <li>• Prepare or purchase/order balanced meals (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Select and shop for appropriate foods (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Store and maintain food in appropriate containers and at safe temperatures (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Demonstrate appropriate manners/etiquette in public, i.e., eating, burping, talking cell phone (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to prepare or purchase/order balanced meals (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Learn to select and shop for appropriate foods (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Learn to store and maintain food in appropriate containers and at safe temperatures (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> <li>• Learn to demonstrate appropriate manners/etiquette in public, i.e., eating, burping, talking cell phone (GLE PS3A12 Show Me Standards Health/PE 1, 2,3,5,6)</li> </ul>	
<b>Technology</b>	<ul style="list-style-type: none"> <li>• Able to manage technology in relationship to protecting financial business, personal relations, private information, i.e, social media, online shopping, email, scams (GLE PS1C12 PS3A12 Show Me Standards S8)</li> <li>• Able to access information for needs/knowledge (GLE PS1C12 PS3A12 Show Me Standards S8)</li> <li>• Recognize need for cyber safety, i.e., password protected, computer viruses, privacy settings (GLE PS1C12 PS3A12 Show Me Standards S8)</li> <li>• Able to access of assistive tech (GLE PS1C12 PS3A12 Show Me Standards S8)</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to manage technology in relationship to protecting financial business, personal relations, private information, i.e. social media, online shopping, scams (GLE PS1C12 PS3A12 Show Me Standards S8)</li> <li>• Learn to access information for needs/knowledge (GLE PS1C12 PS3A12 Show Me Standards S8)</li> <li>• Learn need for cyber safety, i.e., password protected, computer viruses, privacy settings (GLE PS1C12 PS3A12 Show Me Standards S8)</li> <li>• With assistance, able to access of assistive tech (GLE PS1C12 GLE PS3A12 Show Me Standards S8)</li> </ul>	<ul style="list-style-type: none"> <li>• Requires adult support</li> </ul>

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<p><b>Self Determination/ Interpersonal Skills</b></p>	<ul style="list-style-type: none"> <li>● Regulate behavior in public and private settings (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Know self and interpret others' needs - physical, social, emotional (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Ask for and accept help from trusted and qualified sources/individuals (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Has an effective means of communication, i.e., listening and responding (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Able to problem solve (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Able to set goals (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Respect the rights and property of others (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Recognize authority and follow instruction (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Understand, set and adhere to personal boundaries, i.e., body, space, conversations (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> </ul>	<ul style="list-style-type: none"> <li>● Learn to/exhibit appropriate behavior in public and private setting (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Learn to know self and interpret others' needs - physical, social, emotional (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Ask for and accept help from trusted and qualified sources/individuals (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Has an effective means of communication, i.e., listening and responding (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Learn to problem solve (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Learn to set goals (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Respect the rights and property of others (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Recognize authority and follow instruction (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Learn to set and adhere to personal boundaries i.e., body, space, conversations (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> </ul>	<ul style="list-style-type: none"> <li>● Accept guidance (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Work towards an effective means of communication, making choice, voicing needs (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> </ul>
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## Independent Living Standards

	<ul style="list-style-type: none"> <li>● Understand privacy and confidentiality, for self and others. (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Demonstrate supported decision making - has support team or person to help with making important decisions, i.e., a family member, neighbor, lawyer (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Understand disability rights and responsibilities (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Identify and appropriately access needed services &amp; supports, i.e., Vocational Rehabilitation Case Manager (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Able to express oneself, ask for help, explain wants and needs (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Does not require any support from a personal assistant (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> </ul>	<ul style="list-style-type: none"> <li>● Awareness of need for privacy and confidentiality, for self and others. (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Demonstrate supported decision making - has support team or person to help with making decisions, i.e. a family member, neighbor, lawyer (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Awareness of disability rights and responsibilities (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Learn to identify and appropriately access needed services and supports, i.e, Vocational Rehabilitation Case Manager (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Learn to express oneself, ask for help, explain wants and needs (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> <li>● Able to hire/fire a personal assistant based on performance, with assistance (GLE PS3A12 PS3B12 PS3C12 Show Me Standards CA 1,3,4,6,7)</li> </ul>	
<p><b>Employment/ Education/ Training</b></p>	<ul style="list-style-type: none"> <li>● Identify the value of work/training - personally, socially and financially (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>● Locate sources of employment and training information, i.e, internet (GLE CD7A12 Show Me Standards CA 1,6)</li> </ul>	<ul style="list-style-type: none"> <li>● Learn to identify the value of work/training: personally, socially and financially (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>● With assistance, locate sources of employment and training information, i.e,</li> </ul>	<ul style="list-style-type: none"> <li>● Requires adult support for guidance and planning (GLE CD7A12 Show Me Standards CA 1,6)</li> </ul>

### Independent Living Standards

	<ul style="list-style-type: none"> <li>• Classify jobs into employment categories, i.e, chef, waiter, busser-food service industry (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>• Identify major strengths, preferences, interests and needs (only work outdoors, people person) (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>• Identify realistic and available employment vs preferred or unrealistic i.e, cashier vs. wrestler (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>• Identify requirements for desired employment, i.e., high school diploma (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>• Search, apply &amp; interview for a job and training opportunities (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>• Identify available employment services and sources for assistance with accessing employment/training, i.e, Vocational Rehabilitation, Temp agency, Career Centers (GLE CD7A12 Show Me Standards CA 1,6)</li> </ul>	<p>internet (GLE CD7A12 Show Me Standards CA 1,6)</p> <ul style="list-style-type: none"> <li>• With assistance, classify jobs into employment categories, i.e, chef, waiter busser- food service industry (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>• Learn to identify major strengths, preferences, interests and needs (only work outdoors, people person) (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>• With assistance, identify realistic and available employment vs preferred or unrealistic i.e, cashier vs. wrestler (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>• With assistance, identify requirements for desired employment, i.e, high school diploma (GLE CD7A12 Show Me Standards CA 1,6)</li> <li>• With assistance, search, apply, &amp; interview for a job and training opportunities (GLE CD7A12 Show Me Standards CA 1,6)</li> </ul>	
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