Independent Living Skills

What they are and how can they be promoted at home.

Independent Living Skills are..

- Skills or tasks that contribute to the successful independent functioning of an individual in adulthood (Cronin, 1996) in the following domains:
  - Leisure/recreation, home maintenance and personal care, and community participation.

Independent living is more than just hygiene...

- Look at social skills, communication skills, self advocacy and determination skills.
- Can the student function when they are NOT living at home with the support of their parents or caregivers?

Middle School Tasks



High School Tasks



Online Resources to Explore

Independent Living Videos: https://www.pacer.org/transition/video/topic.asp?se=Independent%20Living

Financial Planning: https://www.pacer.org/publications/possibilities/

Medical Needs: https://www.gottransition.org/youth-and-young-adults/

- *There is a readiness quiz for your child to try!*