Worksheet 9: Skills for Independent Living

Question: **What skills do I need to work on to live independently?**

It is difficult to live on your own without a source of income. This may be from a job, or from educational, governmental or family support. Once you have secured a source of income, the following areas of **behavioural skill** are necessary to have a successful independent lifestyle.

Rate your **Independent Living Behaviours** on a **1 to 5 scale** where 1 indicates what you **always do**, 3 what you **sometimes do** and 5 what you **never do**.

Circle the number that best indicates your skill level.

1……………………2………………3………………4………………5
Always                      Sometimes                     Never

Social Living Skills

1. Use leisure time so that I am:
   a. appropriately engaged and not at loose ends. 1…………2…………3…………4…………5
   b. satisfied and reasonably content with leisure time activity. 1…………2…………3…………4…………5

2. Manage money so that spending does not exceed income. 1…………2…………3…………4…………5

3. Demonstrate acceptable grooming and appearance, consistent with setting. 1…………2…………3…………4…………5

4. Manage legal issues so as to avoid economic, educational, employment problems or bad publicity. 1…………2…………3…………4…………5

Community Living Skills

1. Can find housing and maintain it. 1…………2…………3…………4…………5

2. Secure medical services:
   a. have a personal physician or links to public health services. 1…………2…………3…………4…………5
   b. take reasonable care of health, exercise and dietary needs. 1…………2…………3…………4…………5

3. Mobile in community, using personal or public transportation for work, personal or recreational travel. 1…………2…………3…………4…………5
**Personal Living Skills**

1. Can cope with family and romantic relationships so that they do not interfere with employment, education or living arrangements. 1….2….3….4….5

2. Demonstrate personal adjustment and stability to ensure employment, educational or social success. 1….2….3….4….5

Now, make two more copies of this inventory and ask a teacher and a parent to rate you. Discuss with each any differences in the ratings.

Is your assessment of your independent living competencies significantly different from theirs?

(Check one) **Yes** ___ **No** ___

How?_______________________________________________________________________________

Which of the three competency areas is your strongest? ______________________________________

Which is your weakest? _______________________________________________________________

**Consider how to change behaviours that might prevent successful independent living.**