

# Am I Ready To Live On My Own?

Yes No

- Do I brush my teeth at least once a day?
- Do I bathe at least every two days?
- Do I use soap and shampoo during my bath?
- Do I use deodorant?
- Do I shave?
- Have I ever asked for a hair cut?
  
- Have I ever cleaned my room?
- Have I cleaned up a mess without being asked/told?
- Have I ever vacuumed a room?
- Have I done laundry?
- Have I cleaned a house?
  
- Do I get my own snacks?
- Have I ever cooked a meal?
- Have I ever followed a recipe?
- Have I ever bought groceries for a meal?
- Have I ever made a shopping list?
- Have I ever cleaned a kitchen after a meal, and washed dishes?
- Have I ever planned a meal with all four-food groups?
  
- Have I heard of 911?
- Have I put a bandage on a cut?
- Can I keep it a secret that I am home alone?
- Have I ever ignored a stranger who was bothering me?
- Do I report strangers who bother me?
- Do I lock the doors to my house?
- Can I take medicine without help?
  
- Do I know what I want to do in the future?
- Do I understand my disability?
- Can I solve problems myself?
  
- Do I feel good about myself?
- Have I prioritized tasks to do?
- Do I have my appointments written down?
- Have I ever scheduled an appointment with someone?

Yes No

- Do I use crosswalks?
- Do I use street light signals to walk across the street?
- Have I ever ridden a bus by myself?
- Have I ever called the bus station to find a bus route?
- Have I ever used a bus schedule?
- Have I ever gone somewhere unfamiliar on the bus?
- Have I ever used a bus stop sign to find a bus stop?
  
- Have I ever gone to a park?
- Have I ever ordered the food at a restaurant?
- Have I ever gone to a movie by myself?
- Have I ever gone to the mall by myself?
- Do I have a sport I like to play?
- Have I ever planned an outing?
  
- Do I have 5 close friends?
- Do I have one close friend, other than a boy/girl friend?
- Have I ever gone out with a friend?
- Do I ever ask friends to go somewhere with me?
- Have I ever gone on a date?
- Have I ever asked someone out on a date?
- Do I know how babies are made?
  
- Have I answered the phone?
- Have I ever called someone on the phone?
- Do I keep a personal address book?
- Have I ever looked up a phone number in both the white and yellow pages?
- Do I know how to use a pay phone or cell phone?
- Have I ever used 411 to get a phone number?
  
- Have I ever gone shopping alone?
- Have I ever waited for change?
- Have I ever looked for a cheaper price at the store?
- Have I ever shopped for more than 20 items?
- Have I ever tried on clothes?
- Have I ever planned a shopping list?
  
- Have I ever used a money order?
- Do I have a savings account?

Yes No

- Have I ever deposited money in a savings account?
- Have I ever written a check?
- Have I ever paid a bill?
- Can I budget my money for a month?
  
- Do I want a job to earn money?
- Have I ever looked for a job in the newspaper?
- Have I ever interviewed for a job?
- Have I ever hired for a job I applied for?
- Have I ever stayed on a job for more than six months?
- Have I ever accepted criticism from an employer?
- Have I ever done work I liked?
  
- Can I give my full name, address, and my phone number?
- Do I have four character references from persons to whom I am not related? (Include address and phone numbers)
  
- Do I have a complete medical history?
- Have I ever asked for a job application?
- If I can't fill out a form, do I know how to get help?
- Do I have the information about my education, including all the dates and addresses?
- Have I ever filled out an application asking for my social security number? birth date, and previous employers, including time employed, addresses, and phone number?

*If you cannot do these alone, can you do these things with the help of your aide, roommate or friend?*