

REALITY CHECK

An Independence Check-List

Ok, you've decided to live on your own, either by yourself or with a roommate. The chances that your mom or your dad, or your brother or your sister will show up every day to do your chores or even make sure you've done your chores on your own are small to none. That means you will have to be responsible for getting a lot of things done by yourself!

So, what exactly are those things, and which of them do you already know how to do?

Task	I do this by myself now	I am working on being able to do this independently	I will need support completing this task
Waking up in the morning.			
Making breakfast.			
Making lunch.			
Cleaning up after my meal/doing dishes.			
Packing lunch.			
Getting to school or work on time.			
Getting home or to work after school.			
Washing my clothes.			
Drying my clothes.			
Folding my clothes.			
Putting my folded clothes away.			
Making dinner.			
Completing other household chores.			
Cleaning up after dinner/doing dishes.			
Showering or bathing without reminders.			
Mentally preparing for the next day.			
Keeping track of my money/keeping receipts.			
Having a bank account.			
Saving money.			
Preparing a grocery and supplies list.			
Shopping for groceries and supplies.			
Paying rent/utilities.			

The segment was developed by staff at the TN Council on Developmental Disabilities, who frequently co-facilitate youth trainings.

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