



Skills for living on your own

Congratulations! You have decided you want to move into a place of your own, with a roommate or with a Home Sharing provider and the planning has begun. While you find a place or wait for subsidized housing to become available, it is time to think about some skills that are important to have before you take the plunge. Here are a few to consider:

Cooking – Even cooking spaghetti needs some degree of skill. It is good to have a few recipes mastered before you move out. Create a binder of recipes or save them on your smart phone or computer.

Grocery shopping – It's important to know how to eat healthy and ways to stretch your money where you can.

Doing laundry – Body sprays and perfumes only work for so long and then it's time to get your clothes clean. Your friends will thank you as well!

Cleaning and basic home maintenance – Keeping a clean home is not only helpful in making your place welcoming to others to come and visit but also for your health. Replacing batteries in the smoke alarm and changing light bulbs are important skills to have.

Learning transportation – Once you have found a place, how do you use and navigate new transportation routes?

Budgeting and paying your bills – This is very important. If you start missing payments or overspend at the movies you may not have enough money left to pay the bills and could find yourself in trouble.

Time management – Once you are on your own and out of your family's house you can make your own rules right? True but staying up until 2 am every night playing video games will affect your relationships, employment, and over-all health. It is important to know how you spend your time and find the right balance of work, volunteering, social connection and time spent alone.

Ability to deal with emergencies – This seems like a simple thing but you need to know what is an emergency and how to dial 911. It is reported that 4 out of 10 calls to 911 are not even emergencies. Knowing how to apply a band-aid, some basic first aid or how to get out of the building if fire alarms are ringing will be important.



Communication and interpersonal skills – Once in your new home, you will want to get to know your neighbors and how to be a good neighbor. You also may want to be involved in tenant committee or social group. Good communication will help with this.

These are just a few of the things you will need to think about. Perhaps some things you will be able to do independently and others you will need to get some help with. On the next page is a table of skills so that you can determine what you can already do, what you need to learn, and what you will need support with.

I can:

	By myself	With pictures or written steps	With a little support	With a lot of support
Create meal plans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grocery shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put groceries away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean up after cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash and put away dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get up in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do my personal hygiene routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get dressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get to my work or daily activity and back home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use public transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend time in my home hanging out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get ready for bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lock doors and windows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go to bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stay asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean my house (counters, floors, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take my medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do basic first aid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phone my supporters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Call 911	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get to know neighbours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get to know neighborhood businesses and associations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stay in touch with friends and family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arrange to meet friends and family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pay my bills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Manage my bank account	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Manage my time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Change a light bulb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check my smoke alarm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>