

Transition Activities for Independent Living



Preparing for **independent** or **interdependent living** is an important step in any young adult's journey to adulthood. For some youth with disabilities, they may need specially designed instruction, Individualized Education Program (IEP) goals, transition activities, and opportunities for practice and exposure at home, school, and in the community. The following list gives an opportunity to identify some skills that need to be worked on related to the student's post-secondary goals for independent or interdependent living.

- Find out where you can do activities you like such as swimming, skating, camping, dancing, bowling, etc.
- Participate in volunteer activities
- Identify a mentor
- Build a community support network of people that can provide assistance in non-emergency situations
- Know how to use a cell phone and can text friends and family
- Explore faith-based activities
- Begin shopping for your own needs
- Join a meetup group and participate in social activities with the group
- Visit the local library and find out about its offerings
- Learn how to be safe on social media
- Select and order your own food in restaurants
- Identify types of transportation available in your local community
- Take drivers education
- Practice safely crossing streets including those with traffic lights

***Independent living** means you learn to make your own choices and handle daily life, using support only when needed, so you stay in control of your decisions.*

***Interdependent living** means you understand that everyone needs help sometimes and build healthy connections to give and receive support while living a full life.*



- Join the YMCA or a gym and participate in group fitness classes
- Establish a daily grooming and hygiene routine
- Receive instruction on how to take and manage your medications and refill prescriptions
- Receive instruction on how to maintain a household (pay rent, bills, etc.)
- Open and maintain a checking account
- Use a debit or credit card appropriately
- Compare prices between stores to find the best value
- Know how to return purchased items
- Learn about the different types of insurance
- Know your personal contact information and whom to contact in case of an emergency
- Practice what to do in an emergency at home or in the community
- Assess and obtain technology that can help you in your day-to-day life
- Practice using a washer and dryer and dishwasher
- Develop a shopping list based on household and personal needs
- Take a cooking class to learn how to cook and to use appliances safely
- Take a class on the effects of alcohol and substance use and how to practice good health and safety habits
- Receive sexual health instruction to learn about safe sex, consent, etc.
- Identify your local Center for Independent Living (CIL) and participate in programs
- Learn about decision-making options if you need help with independent living - like supported decision-making and other alternatives to guardianship
- Identify and contact post-high school supports, like mental health supports, therapies, etc.
- Identify and contact adult medical providers
- Develop a list of questions to ask the doctor
- Practice answering health history questions and medication questions
- Practice developing a daily to do list
- Use a written or online calendar system to keep track of appointments
- Learn about your right to get support of your choosing as an adult, also called supported decision making



Adapted from: [Transition Activities for the IEP](#) and [Independent Living, Here We Come!](#)

Other resource: MDTransitions.org