

## 100 Things You Can Do to Help Someone Get Ready for Life on Their Own

1. Help them get an original copy of their birth certificate
2. Help them get a social security card (and wallet to put it in).
3. Help them get a picture identification card.
4. Help them get a copy of their Medicaid card.
5. Help them get copies of medical records.
6. Start a "life book" that will contain important papers.
7. Help them open up a bank account.
8. Teach them how to write and cash a check.
9. Line them up with a dentist that they can continue to use.
10. Line them up with a doctor they can use when they are on their own.
11. Help them put together a family scrapbook.
12. Help them renew contact with family members.
13. Help them develop at least one friendship
14. Line them up with a good counselor.
15. Take them to join a local recreation center.
16. Teach them some new ways to have fun.
17. Ask them what they are interested in and what their spark is.
18. Help them find ways to experience their interests and spark.  
<https://www.youtube.com/watch?v=TqzUHcW58Us> (Peter Benson – Sparks: How Youth Thrive)
19. Connect them with a faith-based youth group.
20. Enroll them in a school program in which they can succeed.
21. Teach them how to access and monitor their own grades and academic progress.
22. Advocate for them at school and teach them how to advocate for themselves when they are struggling.
23. Be involved in their education and recognize small successes.
24. Ask for an Educational Advocate to assist them with educational needs.
25. Help them get a copy of their 504 or IEP if they have one.
26. Help them learn about college requirements.
27. Take them on a college tour.
28. Take them on a tour to visit college dormitories.
29. Help them learn about trade school requirements.
30. Show them how to obtain a copy of their official high school transcripts.
31. Help them prepare for and take their Food Handler's test.
32. Help them obtain their Food Handler's card.
33. Help them fill out financial aid and scholarship applications.
34. Help them track deadlines for financial aid and scholarships.
35. Help them find a better paying job.
36. Make sure they really understand birth control.
37. Show them the best place to shop for food, clothing & furniture.
38. Help them learn how to find resources on the Internet.
39. Help them work through an independent living skills workbook.
40. Teach them how to use social media safely and protectively.
41. Take them on a tour of the city.
42. Teach them how to use the bus system and read the bus schedules.
43. Buy them an alarm clock and teach them how to use it.
44. Show them how to use the library & get a library card.
45. Help them get a driver's license and price insurance.
46. Role-play contacts with police, bank tellers, doctors & others.
47. Role-play several different styles of job interviews.
48. Help them put together a resume and an application fact sheet.
49. Make a list of important phone numbers.

50. Teach them how to cook five good meals.
51. Teach them how to store food.
52. Teach them how to use coupons and comparison shop.
53. Teach them how to read a paycheck stub.
54. Teach them how to use an oven and microwave.
55. Teach them how to thoroughly clean a kitchen and bathroom.
56. Teach them how to unclog a toilet.
57. Teach them how to use a washer and dryer and do their laundry.
58. Show them how to put dishes in a dishwasher and use the dishwasher.
59. Allow them access to chores so they learn skills.
60. Take them to a session of adult court; traffic and criminal.
61. Tell them how to get a lawyer and when to get one.
62. Help them understand a lease or rental agreement.
63. Teach them how to do their taxes.
64. Teach them how to write a letter and mail it.
65. Help them develop good phone communication skills.
66. Help them develop etiquette in various situations.
67. Go over tenant and landlord rights.
68. Help them find a safe, inexpensive place to live.
69. Teach them how to budget their money.
70. Teach them about utility bills and monthly deadlines for paying these bills.
71. Help them find and get along with a potential roommate.
72. Talk to them often about feelings about going out on their own.
73. If they take medications, help them understand how the medications help and how to refill them.
74. Normalize self-advocacy.
75. Teach self-advocacy skills by helping them keep a list of who they can contact when they need to advocate for themselves.
76. Encourage them to practice self-advocacy skills.
77. Let them speak for themselves during medical appointments.
78. Show them what is needed for a well-stocked medicine kit.
79. Show them what is needed for household cleaning and maintenance.
80. Help them develop and update their resume.
81. Help them ask for three letters of reference and teach them etiquette around this.
82. Help them find volunteer opportunities in the community.
83. Teach them how to change a flat tire.
84. Teach them how to repair household items.
85. Show them how to use a fire extinguisher.
86. Help them understand what steps to take when they become sick.
87. Help them understand and know when they need to contact a doctor.
88. Help them understand the difference between over the counter and prescription medications.
89. Give them opportunities to make their own decisions.
90. Give them choices and allow them to choose.
91. Support them when they fail.
92. Teach them about credit and debt.
93. Help them register to vote.
94. Show them how to find out who represents them in their district and state.
95. Help them understand personal safety outside of the home.
96. Help them understand home safety.
97. Help them obtain an email address and teach them email etiquette.
98. Show them how to track appointments either in a planner, on their phone or online.
99. Teach them how to be on time for appointments and how to cancel appointments in advance if needed.
100. Ask how you can help them get ready for life on their own.