

Independent Living Skills Resources

There are many aspects to independent living skills. It can take time to build these skills and not everyone is at the same place building these skills. There are a range of resources so consider what the student considers to be the most helpful or needed for them and their goals. Choose the resources or activities that most relevant to them.



Personal Care

- [Personal Hygiene | Centre for Autism](#) - Provides information on challenges and visual and written instructions for various personal hygiene and personal care activities.
- [How to Teach Personal Hygiene | Everyday Speech](#) - Includes a lesson plan and hygiene checklist for structured guidance to help develop hygiene habits.



Safety Skills

- [Community Health and Safety Training | Community Life Guide](#) – Employment First - This site has ten modules for individuals to choose topics. Each module uses plain language and user-friendly step-by-step guide. Includes tools and exercises on various areas of safety like community, technology, and more.
- [Online Safety | GCF Global](#) - Includes tutorials for strategies, skills, and mindset needed to protect a computer, and online privacy.



Money Management / Financial Planning

- [Financial and Digital Literacy | Community Life Guide – Employment First](#) - This site includes tools and activities to help build and learn skills about financial and digital literacy. These topics start with introductory information and build to skills and tools to manage finances.
- [Curriculum Units | Next Gen Personal Finance](#) - Includes multiple areas of self-paced, interactive curriculum for students starting in middle school.



Healthcare Skills

- [Healthy Living | LifeCourse Nexus](#) - Uses tools and resources from Charting the LifeCourse to help individuals be a part of their health care. Includes tools to help individuals document their health care team, keep track of their medications and providers, and plan for an upcoming visit.
- [Moving to Adult Health Care | Community Life Guide](#) – Employment First - Includes modules to explore about shifting to the adult health care system.
- [Health Care Transition | Got Transition](#) - Provides resources, tools, and information about the process of getting ready for health care as an adult.



Social Skills

- [Workplace Readiness Training - Lesson 2: Communication Skills in Action | Employment First](#) - Contains activities to practice professional communication.
- [Social and Emotional Learning: An Activity Toolkit | Act for Youth](#) - A toolkit that includes areas of self-awareness, self-management, social awareness, relationship skills, and decision making.
- [Social Skills Worksheets for Seamless Social Interactions | Positive Psychology](#) - Several worksheets and tools for various social situations including telling stories, talking with others, conflict resolution and more.



Household Skills

- [How to Build Life Skills | wikiHow](#) - This site shares step-by-step guidance for household skills.
- [Daily Living Skills Activities | Learning for a Purpose](#) - Contains picture cards to help teach daily living skills in a visual way.
- [Accessible Chef](#) - Collection of visual recipes to help teach cooking skills. The resources include information on accessible cooking tools, and how to build pre-cooking skills.



Community Skills

- [Your Vote Counts | Autistic Self Advocacy Network](#) - Provides an easy read and plain language guide for self-advocates on voting and how to vote.
- [Voters with Disabilities | Ohio Secretary of State](#) - Ohio's resources for voters with disabilities including registration information, related laws and other helpful links.
- [Safety in the Community | Autism Speaks](#) - Includes list of experiences and activities that take place in the community. These can be useful with any disability type.
- [Going Shopping | wikiHow](#) - Shopping can be overwhelming, and this provides steps on how to prepare and what to expect.