

# Worksheet 10: Skills for Independent Living

Question: **What skills do I need to work on to live independently?**

Independent living does not necessarily mean living alone; it means organizing your life in such a way that you can maintain yourself professionally, financially, socially and emotionally. Once you have secured a source of income, the following areas of **behavioral skill** are necessary to have a successful independent lifestyle.

Rate your **Independent Living Behaviors** on a **1 to 5 scale** where **1** indicates what you **always do**, **3** what you **sometimes do**, and **5** what you **never do**.

**Circle the number that best indicates your skill level.**

1 ..... 2 ..... 3 ..... 4 ..... 5  
**Always** **Sometimes** **Never**

## Social Living Skills

1. Use leisure time so that I am:
  - a. appropriately engaged and not bored or "at loose ends". 1...2...3...4...5
  - b. satisfied and reasonably content with my leisure time activity. 1...2...3...4...5
2. Manage money so that my spending does not exceed my income. 1...2...3...4...5
3. Demonstrate acceptable grooming and appearance, consistent with setting. 1...2...3...4...5
4. Maintain a good reputation and avoid legal problems. 1...2...3...4...5

## Community Living Skills

1. Can find housing and maintain it. 1...2...3...4...5
2. Secure medical services:
  - a. Have a personal physician or links to public health services. 1...2...3...4...5
  - b. Take reasonable care of health, exercise and dietary needs. 1...2...3...4...5
3. Mobile in community, using personal or public transportation for work, personal or recreational travel. 1...2...3...4...5

## HOW TO... Start using



- Go to [www.cfnc.org](http://www.cfnc.org)
- Log in with your Account Name and Password
- If you don't have an account, click **Create an Account** and follow the steps.

See your counselor if you need more help getting started.

**Personal Living Skills**

1. Nurture positive personal relationships (family, spouse, friends, etc.). 1....2....3....4....5
2. Maintain a balance between personal and professional life. 1....2....3....4....5

Now, print out two blank copies of this inventory and ask a teacher and a parent to rate you. Discuss with each any differences in the ratings.

Is your assessment of your independent living competencies significantly different from theirs?

(Check one) **Yes** \_\_\_\_ **No** \_\_\_\_

How? \_\_\_\_\_

Which of the three competency areas is your strongest? \_\_\_\_\_

Which is your weakest? \_\_\_\_\_

Consider how to change behaviors that might prevent successful independent living.