BUILDING INDEPENDENT LIVING SKILLS

Coaches can help young people build independent living skills. The best way to do so is through experiential activities! Below are examples of critical independent living skills and experiential activities.

FINANCIAL MANAGEMENT

BUDGETING

Develop a monthly budget
• See Appendix 116, Independent Living Budget Tool
• Work with youth monthly to reassess and complete monthly budget

BUILDING CREDIT

Discuss with youth ways to build healthy credit
• i.e. getting a small credit card and only making one purchase per month that can be paid off with income
• Include this in monthly budget!

If youth cannot get approved for a credit card, open an account for a prepaid credit card

OBTAINING A BANK ACCOUNT

Work with youth to locate a bank to open an account
• If cannot open a traditional account due to credit, explore online banking companies (ex. Chime)

HEALTHY EATING

GROCERY SHOPPING

Visit a supermarket together to discuss healthy eating
• i.e. healthy foods tend to be around the perimeter of the store

Discuss understanding labels
• i.e. a youth with high blood pressure should avoid diet frozen meals due to high sodium levels

COOKING

How to prepare ahead & how to make meals for the week
• Review low cost, healthy meals and recipes, and tools such as a crock pot
• Explore 3-4 ingredient meals for new cooks
• Saving leftovers for lunches

HOME MAINTENANCE

HOME MAINTENANCE | ORGANIZATION, CLEANLINESS

• Build small furniture items together
• Assist in learning minor home repairs
• Helping youth in learning how to ‘let go’ of unneeded items

AVOIDING INFESTATION

Discuss good habits:
• Properly storing food
• Wipe down kitchen after cooking: get grease off stove
• Cleaning cups/dishes after use, not leaving food remnants

WORK READINESS

SUCCESSFULLY APPLYING FOR JOBS

• Resume building
• Writing effective, personal cover letters
• Following application instructions
• Following up

INTERVIEW PREPARATION AND FOLLOW-UP

• What to bring
• What to wear
• How to highlight work experiences
• Sending a thank you note afterwards

SELF-ADVOCACY

Modeling appropriate behavior when speaking with housing manager or school counselor
• Transition youth into making these calls/contacts without coach, when appropriate
• Attend events to network and expand adult contacts