

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 I16 Independent Living Budget Tool](#)
- Work with youth **monthly** to reassess and complete monthly budget

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)

BUILDING CREDIT

Discuss with youth ways to build healthy credit

- ie. 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

HEALTHY EATING

GROCERY SHOPPING

Visit a supermarket together to discuss healthy eating

- *ie. healthy foods tend to be around the perimeter of the store*

Discuss understanding labels

- *ie. 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

Refer to [Fair Futures Program Manual, Section 22](#) for more information about Career Development. See Section 22G for YA WORC job readiness curricula.

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