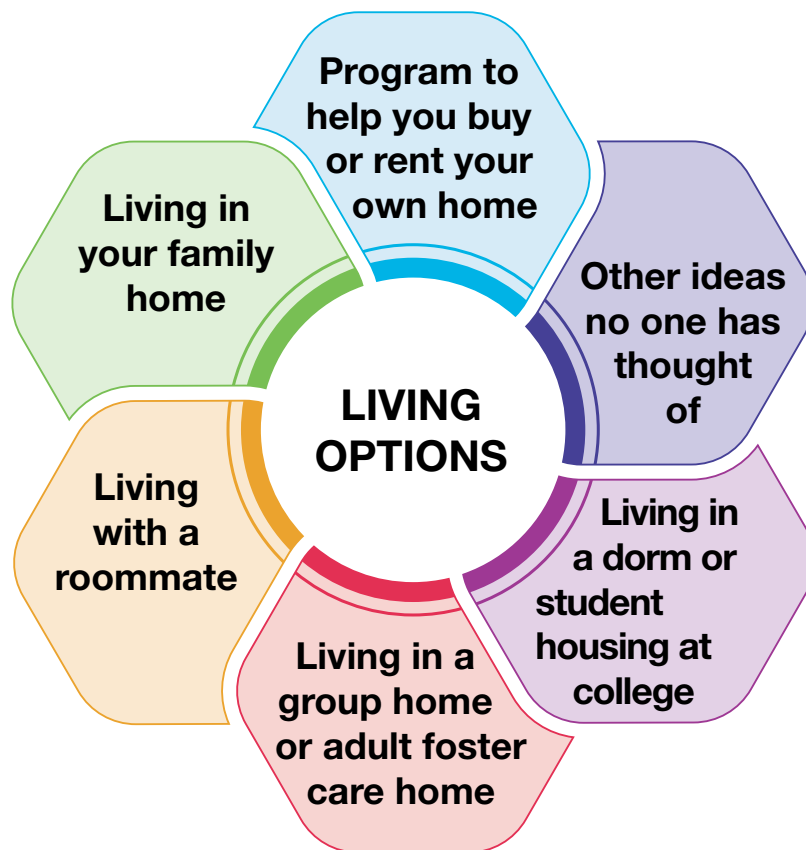


6. What are my community living options?



It's common for young people to continue living in their family home after they graduate. Some youth plan to move out. In this section, you will learn about community living options and other resources to help you live as independently as you choose, wherever you choose.





Community Living Trajectory Worksheet

Past life experiences

What experiences have you had in the past that support your vision for community living?

Future life experiences

What current or future experiences do you need to support your vision for community living?

Past life experiences

What past experiences have pushed you toward things you don't want?

Future life experiences

What experiences do you need to avoid because they push you toward things you don't want?



Community Living Trajectory Worksheet (*continued*)

What I want

Where do I want to live after high school?

Who do I want to live with?

What do I want my home to be like?

What I don't want



Start Worksheet Questions: Mapping My Community Living Resources

Technology

What technology can help me with school?

How can I use my smart phone or iPad to be more independent?

What apps can help me with my schedule and responsibilities?

How can I use social media to stay connected to my friends?

What technology can help me communicate?

Personal strengths and resources

What strengths will help me live on my own or with a roommate?

What community living options do I want to learn about?

Am I learning how to get around in my community?

What supports do I need to live on my own or with a roommate?

Community resources

What kinds of living options are available in my community?

Where am I well known in my community?

What organizations can help me learn about living options and supports?

What do different living options cost in the communities where I want to live?

Where can I learn about budgeting and saving for the future?



Start Worksheet Questions: Mapping My Community Living Resources (*continued*)

Personal strengths and resources

How will I pay for my living expenses?
What strategies help me with money management?
What skills do I need to live as independently as I like?
Do I have opportunities to learn and practice skills I will need to live on my own?

Relationships

Who can help me figure out how to rent an apartment or own a home?
Who can I count on when I need a hand or a shoulder to cry on?
Who loves and cares about me and can support me in this transition?
Who do I know that has a living situation I like?
What are my friends' plans for life after high school?
Who do I know that I might want to move in with?

Services I may be able to receive

Can I get help from agencies or programs that can help me afford a place I want to live?
Are there programs that will help me save money?
What kind of services or supports can I get that can help me live as independently as I like?



Star Worksheet: Mapping My Community Living Resources

Write your goal in the star. With the right support, anything is possible! List ideas that help make your goal possible in each category. See page 6 for questions and resources to get you started.

