INDEPENDENT LIVING CHECKLIST

This is a list compiled by three families whose young adults have already made the transition from home to apartment living. We realize that all individuals are different so not everything will apply to each person. Hopefully, you will find this helpful.

Safety

- Peephole at proper height
- No food delivery to apartment
- Leave light on when coming home in the evening
- Fire extinguishers
- Evacuation ladder if not on ground floor
- Smoke/Fire alarm
- CO2 monitor
- Weather alert radio
- Answering machine and/or caller ID
- First aid materials
- Flashlight
- Portable radio
- Night light
- Bar on sliding glass doors
- Neighbor to give parental information for contact
- Speed dial numbers programmed into both home and cell phone
- Emergency numbers by phone and in billfold or purse as well as on phones
- Block put on 900 numbers
- Local and long distance service and features can be changed only in writing
- Knowledge of safety procedures
  - Not opening door to strangers
  - Not letting anyone unknown into apartment
  - Not giving personal information out on phone
  - Use of 911
  - What to do in event of fire, tornado, etc.
  - Closing blinds at night
Finance (amount each person can handle will vary depending on ability)

- “Bills to Pay” check off sheet
- Credit card helpful/ATM card could pose a problem
- Banking accounts
- Place for cashing checks other than bank
- Set up budget
- Use Microsoft Money, Quicken or other computer program
- Organized filing system

Apartment set-up

- Utility hook-ups
- Explain and review operation of all appliances and thermostat
- Have tools and know how to use them (sweeper, swiffer, plunger etc.)
- Teach handling of trash
- Cell or non-wireless phone to use when power is out
- Good, sturdy step ladder that folds up
- Storage for out of season clothes
- Important papers drawer or other location for keeping things to go over with parents
- Drawer or binder for instruction booklets
- Large centrally located calendar for important dates, appointments and events
- Renter’s insurance
- Small appliances
  - Microwave
  - Foreman Grill
  - Toaster
  - Can Opener
  - Coffee Pot
  - Toaster Oven
- Housekeeping needs
  - Supplies and equipment
  - How to use
  - Cleaning schedule
- Gardening supplies and instructions (if interested)
- Meet some neighbors
Cooking
- Teach to read expiration dates on food
- Proper storage of food (label and date what goes in frig and freezer)
- Cookbook containing meal plans, ingredients needed and preparation instructions
- Work on meal plans and grocery list
- Orientation with grocery store and manager
- Cart for transporting groceries
- Teach cooking safety procedures
- Oven mitts
- Use of meat thermometer

Transportation/Community Orientation
- Maps of safest route to work, church, grocery store, drugstore, recreation facilities, restaurant etc and practice these routes
- Learn to read and use bus routes
- Learn to use hot line for emergency transportation

Personal Care
- Reinforce sex education
- Photo of self with hairstyle to use when finding new local barber or beauty shop
- Locate doctor and dentist that is accessible
- Location and use of washer and dryer (sorting clothes etc.)

Communication
- No phone calls after 9:00PM except to parents
- Call parents once a day
- Keep your young adult informed about what you are doing
- Learn how to report when things stop working (ex. Water is off, cable stops working etc.)
- Back-up contact numbers (siblings, other family members, friends, neighbors)
- Importance of receiving personal mail
- Use of email
- Use of fax
- Strategy for interfacing with social services
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Fitness with Lee

Exercise Class

Every Wednesday Night
(5:45-6:30 pm)

At

Sylvester Powell Jr Community Center

The 45-minute program is a safe and effective high & low impact exercise class created for the Mission Project participants, but open to everyone. This fitness class is a non-intimidating class that takes you through a variety of cardio, toning and stretching exercises led by Instructor-Personal Trainer, Lee Jones.

Open to everyone over the age of 14

and you can even test drive the class for free

To register call 913-722-8200 or email Lee at lee75@sbcglobal.net for more information.