



Skill Builders

Independent Living

www.skill-builders.net

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Description of IDL Program Services

The objective of the Independent Living Program is to provide youth participating in the program with the skills needed to be self-sufficient and to live independently. In order to achieve this end, the following category objectives have been identified, which are consistent with the Daniel Memorial Independent Living Skills System 8.0 Assessment and the Casey-Ansell Life Skills Assessment.

Money Management:

1. Will be able to use a calculator to add, Subtract, multiply, and divide.
2. Will understand the value of money, can purchase small items using the correct change, and am able to determine when I receive correct change from a purchase.
3. Will be able to set up and follow a monthly budget covering regular living expenses.
4. Will know the basic necessities for daily living are (food, housing, transportation, clothing, etc.) and are aware of their costs.
5. Will be able to manage unexpected bills or financial emergencies and keep within a budget.
6. Will know how to open a saving account, make deposits and withdrawals.
7. Will understand what a money order is and know where and how to purchase one.
8. Will know how to open a checking account, write checks, make deposits and withdrawals, and accurately record each transaction.
9. Will be able to read monthly bank statements and balance my checkbook.
10. Will be able to regularly put aside some money for savings.
11. Will know how much money will be needed for independent living start-up costs and have established a savings plan accordingly.
12. Will understand that by law one must file federal and state forms and how to get assistance to complete them.
13. Will understand the value of using coupons and looking for sale prices when shopping.
14. Will know the importance of comparing prices by using unit pricing when shopping.
15. Will know the basic concepts of credit, loans, and interest.
16. Will understand the importance of good credit rating and how to avoid late payment penalties.
17. Can recognize deceptive or misleading advertising.

Home Management:

1. Will know how to make a bed and how frequently I should change the sheets.
2. Will know how to clean up after a meal (clear the table, put food away, wash dishes with hot soapy water, etc.)

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3. Will know how to use the different cleaning products that are specially made for each particular cleaning job such as bathtubs, ovens, windows, etc.
4. Will know how to keep room/apartment clean by sweeping and washing floors, dusting furniture, vacuuming rugs, etc.
5. Will know the importance of keeping the bathroom sink, toilet, tub and floor clean.
6. Will understand the need for properly storing, bagging, and disposing of garbage.
7. Will know what causes sinks and toilets to clog and what to do to prevent clogs.
8. Will know when to call the landlord for maintenance and repairs and when to “do it yourself”.
9. Will know how to keep pests and rodents out of the home.
10. Will know how to check smoke detectors to see if they are working and can replace the battery, if necessary.
11. Will maintain a regular house cleaning schedule.

Food Management:

1. Will be able to prepare a simple meal.
2. Will know which foods are nutritious/healthy.
3. Will be able to shop for items on a grocery list using coupons and checking for sales.
4. Will know how to cook and bake using the right cooking utensils and appliances.
5. Will know how to store food to prevent its spoiling and can identify food that has spoiled.
6. Will know how to check packaged food for freshness and check for the date of expiration.
7. Will be able to prepare packaged, frozen, or canned foods according to the directions.
8. Will be able to use good consumer skills in grocery shopping. Choose fruit and vegetables for freshness and check freshness dates on dairy and meat products.
9. Will be able to plan a menu of nutritious meals for a week using a food budget.
10. Will be able to cook nutritious meals for a week using a planned menu.
11. Will be able to cook using recipes from a cookbook and know how to increase or decrease the ingredients to feed more or fewer people.

Personal Care:

1. Will have good personal hygiene skills.
2. Will learn to use toiletries appropriately.
3. Will know which personal care items to buy that will improve appearance and fit within a budget.
4. Will wash ones own clothes using a washing machine, correct water temperatures, detergent, bleach, etc.
5. Will know how to iron clothes and sew on buttons.
6. Will know where to take clothes if they need to be dry-cleaned and how much it will cost.

Health Care:

1. Will know whom to call and where to go for emergency medical care.
2. Will be able to care for oneself when one get colds, the flu, minor cuts, etc.

3. Will know which non-prescription medications to take for colds, fever, headache, diarrhea, etc.
4. Will know how to get a medication prescription filled and follow the instruction on the label properly.
5. Will understand why smoking and using drugs are harmful to health.
6. Will know when a medical problem requires emergency room treatment instead of a schedule appointment with the doctor.

Safety Skills:

1. Will know what telephone numbers to for medical emergencies, fire, and/or for police assistance.
2. Will know what to do/whom to call if someone has ingested a poisonous substance.
3. Will know what to do or whom to call if someone is following or try to hurt you.
4. Will know the important of learning the best fire escape routes in the house/apartment in case of fire.
5. Will be able to use preventive safety measures to keep safe at home, i.e. lock doors and windows when appropriate.
6. Will know and follow the basic rules for preventing fires at home.
7. Will learn the importance of having a smoke detector in the home, how to check it and replace the battery when necessary.
8. Will know what to do if caught in a fire.
9. Will know which type of fire to use water to extinguish.
10. Will know how to use a fire extinguisher.
11. Will have successfully completed a First Aid course and/or CPR training.

Social Skills:

1. Will be able to communicate and interact appropriately in various social situations.
2. Will be able to tell others when one is upset or angry and express those feelings appropriately.
3. Will be able to start conversations with new acquaintances.
4. Will learn to how to handle conflicts with a friend, teacher, supervisor, or family member without using physical aggression.
5. Will know how to make good decisions by weighing the pros and cons.
6. Will participate in social activities with peers.
7. Will learn how to solve problems.
8. Will be able to set personal goals and work to accomplish them with minimal help.
9. Will be able to set limits and boundaries with friends/peers.
10. Will be aware of the consequences of teenage pregnancy.
11. Will know how to prevent pregnancy and sexually transmitted diseases including HIV/AIDS.

Education:

1. Will be aware of the benefits of a good education.
2. Will attend school, GED classes, or a vocational training program.

3. Will know how to handle problems that come up in school or training program.
4. Will know how and where to find out about what jobs and occupations are available.
5. Will decide what job or career one might pursue after graduation.
6. Will know what education or vocational training one will need for the job/career desired.
7. Will know to whom to talk to regarding plans for further education or training in preparation for a job.
8. Will be aware of the requirements for acceptance into higher education or training programs.
9. Will be able to complete application forms for educational or training programs.
10. Will be aware of the scholarships and loans available for further education and training.
11. Will know where and how to apply for financial assistance.
12. Will learn about the job training and educational programs that are offered in my community and surrounding cities.
13. Will be able to develop a comprehensive education/career plan.

Job Seeking Skills:

1. Will know the kind of job desired.
2. Will be aware of the general qualities a potential employer is looking for in an employee.