



Charting the Life Course

Becoming an Adult: The Survival Toolkit



Life Course Framework

Life is a journey.
Our lives are not static, they change every day.

It's all about vision.
Anything is possible, with the right vision.

Everything is connected.
What you do today affects your life in the future.

Becoming an Adult



TOOLS FOR DAILY LIFE



Preparing Meals



Around the house

Video guides to make learning how to do anything easier



Routines & chores



Routines & Chores



Any.do To-do List & Task List



Evernote Organizer

Managing Finances



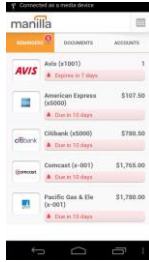
Mint Personal Finance



Managing Finances & Paying Bills



Manilla



TOOLS FOR COMMUNITY LIVING



Housing



Craigslist

- Find housing in your area based on your budget
- Both commercial and private rental properties
- Roommates wanted
- Searchable based on your preferences/needs
- Mobile apps available (not official CL apps)

Communication



Google+ Hangouts



Skype

Making friends & having fun



Meetup

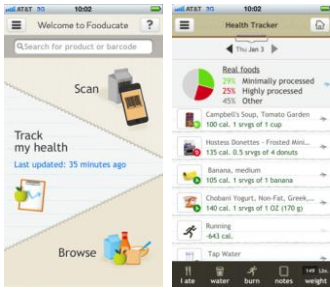
- Find groups of people meeting in your area around a collective interest or cause
- Safe, public way to meet



TOOLS FOR HEALTHY LIVING



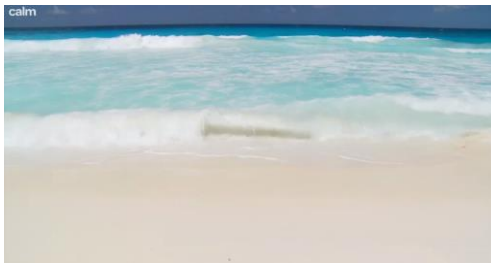
Staying healthy



Fooducate

Track your diet, calorie quality, and exercise

Staying healthy



Calm.com



Staying healthy



Walgreens



CVS



Express Scripts

Accessing & managing health care



Gazelle



Care.com

TOOLS FOR SAFETY & SECURITY



Personal safety



Emergencies



American Red Cross



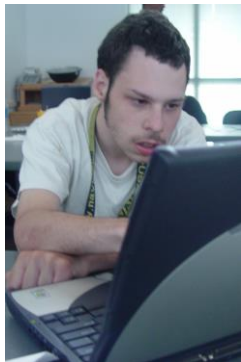
ICE



Home Monitoring



Finding help to be independent



ACCESSING TECHNOLOGY

Internet

- Internet Essentials and Internet Basics
- FreedomPop

Equipment

- School
- Insurance
- HSA
- Grants
- Loans

Call Missouri Assistive Technology for help in figuring out how to fund the technology you need



HELP WITH INDEPENDENT LIVING

- *Charting the Life Course*



- Centers for Independent Living

Survey

Please take the time to fill out your evaluation of this webinar and tell us what you thought!

surveymonkey.com/s/f2fadulthood



Special Thanks

- MODHSS Special Health Care Needs
- Missouri Developmental Disabilities Council
- DMH Regional Offices & Family Support Coordinators



For more information

Contact

Missouri Family to Family

800-444-0821

mofamilytofamily.org



**UMKC-Institute for Human
Development**

www.ihd.umkc.edu