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

Video guides to make learning how to do anything easier

Around the house

Snapguide  Wikihow  Instructables
Routines & chores

Visual Schedule Planner
Visual Routine
Routine

First Then Visual Schedule
iPrompts® - ASD Visual Support

Routines & Chores

Any.do To-do List & Task List

Evernote Organizer

Managing Finances

Mint Personal Finance
Managing Finances & Paying Bills

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)
Housing

SocialServe.com

- Search listings online or call the call center
- Listings are monitored for accuracy and availability
- Searchable based on your preferences/needs

Transportation

Google Maps

- Get transit directions including departure, arrival and walking times
- Choose from different routes based on what’s available near you or what time you’d like to leave or arrive

TOOLS FOR BEING SOCIAL & SPIRITUAL
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

Calm.com

Staying healthy

Walgreens  CVS  Express Scripts
Accessing & managing health care

Gazelle
Care.com

TOOLS FOR SAFETY & SECURITY

Personal safety

BSafe
Circle of 6
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/f2f adulthood
Special Thanks

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

For more information

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