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
Around the house

Video guides to make learning how to do anything easier

Snapguide

Wikihow

Instructables
Routines & chores

Visual Schedule Planner

Visual Routine

Routinely

First Then Visual Schedule

iPrompts® - ASD Visual Support
Routines & Chores

Any.do To-do List & Task List

Evernote Organizer
Managing Finances

Mint Personal Finance

[App Screenshots]

- October 2011 Budget: $231 Left
  - Restaurants: $12 Left
  - Credit Card Payment: $0 Left
  - Gas & Fuel: $502 Over
  - Entertainment: $8 On budget
  - Comcast Cable: $502 Over

- Budget for Restaurants: $250
  - Slide to change budget by: $1, $10, $17

- Bar Chart showing spending over months (MAY to OCT):
  - Budget $250
Managing Finances & Paying Bills

Manilla

![Manilla App Screenshots]

- Avis (x1001) Expires in 7 days
- American Express (x5000) $107.50 Due in 10 days
- Citibank (x5000) $780.50 Due in 10 days
- Comcast (x-001) $1,765.00 Due in 10 days
- Pacific Gas & Ele (x-001) $1,780.00 Due in 10 days

- Manilla (x0000) Notice 12.04.12
- Verizon Wireless (x-001) Bill 11.27.12
- Comcast Hello (x-001) Bill 11.27.12
- AMEX (95000) Bill 11.27.12
- AT&T U-verse (x-001) Bill 11.27.12
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
Staying healthy

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

1. Cool the burn under cool running water for at least ten minutes.
   7:05 minutes remaining
2. Loosely cover the burn with plastic wrap or a clean plastic bag.
3. If necessary, call 911 or get someone else to do it.
   Call 911

EMERGENCY/MEDICAL CONTACTS
- Mom: (234) 567-8910
- Dad: (234) 987-7654

MEDICATIONS
- Claritin, Ambien

ALLERGIES
None entered

CONDITIONS AND MEDICAL DEVICES
None entered
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!

survey.monkey.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
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mofamilytobfamily.org

UMKC-Institute for Human Development
www.ihd.umkc.edu