Five Skills that Support Independent Living

1. Medication Management

Medication Management means taking the right medication at the right time. It also means getting refills on time and paying attention to any side effects the medicine might have. Sometimes certain medicines should be taken with specific conditions in mind, like on an empty stomach or not with other medicines. Being able to keep track of these things is important not only for being more independent but also staying safe.

2. Money Management

Money Management means paying for everyday expenses, being able to pay for unexpected bills, and saving money for the future. These things are easier to accomplish when individuals learn how to do tasks like open a bank account, read a check, and make a budget. If an individual receives financial support or benefits, that might also be a part of their Money Management.

3. Community Safety

Community Safety means skills that a person needs to be safe in a community setting. This includes being aware of their surroundings (people, animals, cars, sounds, etc.) and recognizing when a situation might be dangerous. It also includes knowing where to go or who to ask for help. Learning common signs can help individuals feel more confident when they are in the community. This is also true for learning how to use different tools like a cell phone.

4. Hygiene

Hygiene means the practice of keeping yourself clean and taking care of your body. It includes everything from brushing your teeth to washing your hands after using the bathroom. Having good hygiene is an important part of staying healthy because it prevents the spread of germs. It is also an important part of building relationships with other people because it helps manage body odor and bad breath. As an added bonus, individuals with good hygiene often feel better about their appearance.

5. Household Cleanliness

Household Cleanliness means keeping your living space clean. It includes things like cleaning surfaces regularly and keeping places like the kitchen and bathroom free of germs and dirt. You might think of household cleanliness tasks as "chores." Sweeping, taking out the trash, washing dishes, and doing laundry are all examples of household cleanliness tasks. Learning to keep a clean home helps make sure an individual has a healthy and organized space to live in.