



# Living On My Own



Transition Passport / Daily Living / Evaluation Tools

## Am I Ready?

	do myself 	need help 	don't do 
take a bath or shower daily 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
groom hair, face and teeth daily 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
get dressed 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
make healthy food choices 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
make simple meals 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
know basic first aid 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
know what to do when sick 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
keep money in a safe place 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
spend money wisely (needs vs. wants) 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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dust 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
vacuum 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
wipe counters 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
do dishes 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
do laundry 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
clean bathroom 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
lock door when alone 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
know who to call for help 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
know what to do in an emergency 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>