

Skills for Independent Living



Housing

- Cleaning, laundry
 - Pets, yard work
 - Appliances, electronics
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Food

- Grocery shopping
 - Food preparation
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Employment & Money

- Job coaching
 - Budgeting
 - Financial planning
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Transportation

- Using buses
 - Driving/car pooling
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Social Life & Community

- Volunteering
 - Church/Spiritual
 - Hobbies
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Self-Care & Medical

- Doctors visits
 - Hospitals
 - Therapy, medications
 - Communicating effectively
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Supports & Information for Independent Living

- ✓ Coastal Bend Center for Independent Living (CBCIL)
Phone: (361) 883-8461 / Email: judyt@cbcil.org
- ✓ The Arc of Texas
Phone: (512) 454-6694
- ✓ National Council on Independent Living (NCIL)
Phone: (202) 207-0334

Ten Principles of Independent Living

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|----------------------------|----------------------|
| 1. Civil Rights | 6. Advocacy |
| 2. Individualized Planning | 7. Barrier-removal |
| 3. De-institutionalization | 8. Consumer control |
| 4. De-medicalization | 9. Peer role models |
| 5. Self-help | 10. Cross-disability |

Notes