

Living On Your Own and Facing Troubles

Being ready, staying safe, and knowing you're not alone



What “Living On Your Own” Means

- Looks different for different people: your own apartment, a house, a roommate, or supported living
- Freedom: you choose your food, your schedule, your space
- Responsibility: you also handle the bills, the chores, and the problems



Money and Bills

- A budget is a plan for your money: rent, food, phone, transportation
- Paying bills on time keeps your home and services safe
- It's okay to ask for help if you can't pay a bill — call before it becomes an emergency

Housework and Daily Tasks

- Cooking safely: wash hands, check food dates, use the stove carefully
- Cleaning keeps your home healthy and safe
- Laundry and grocery shopping become easier with a routine





Safety at Home

- Always lock your door
- Know where your fire alarm is and what to do if it goes off
- Know your emergency numbers: 911, a family member, a support person
- Never let a stranger in — it's okay to say no and close the door

Spotting Scams

- A scam is when someone tricks you to get your money or information
- Red flags: asking for money right away, asking for bank info by phone, or saying “act now”
- It's always okay to hang up, say no, or ask someone you trust first





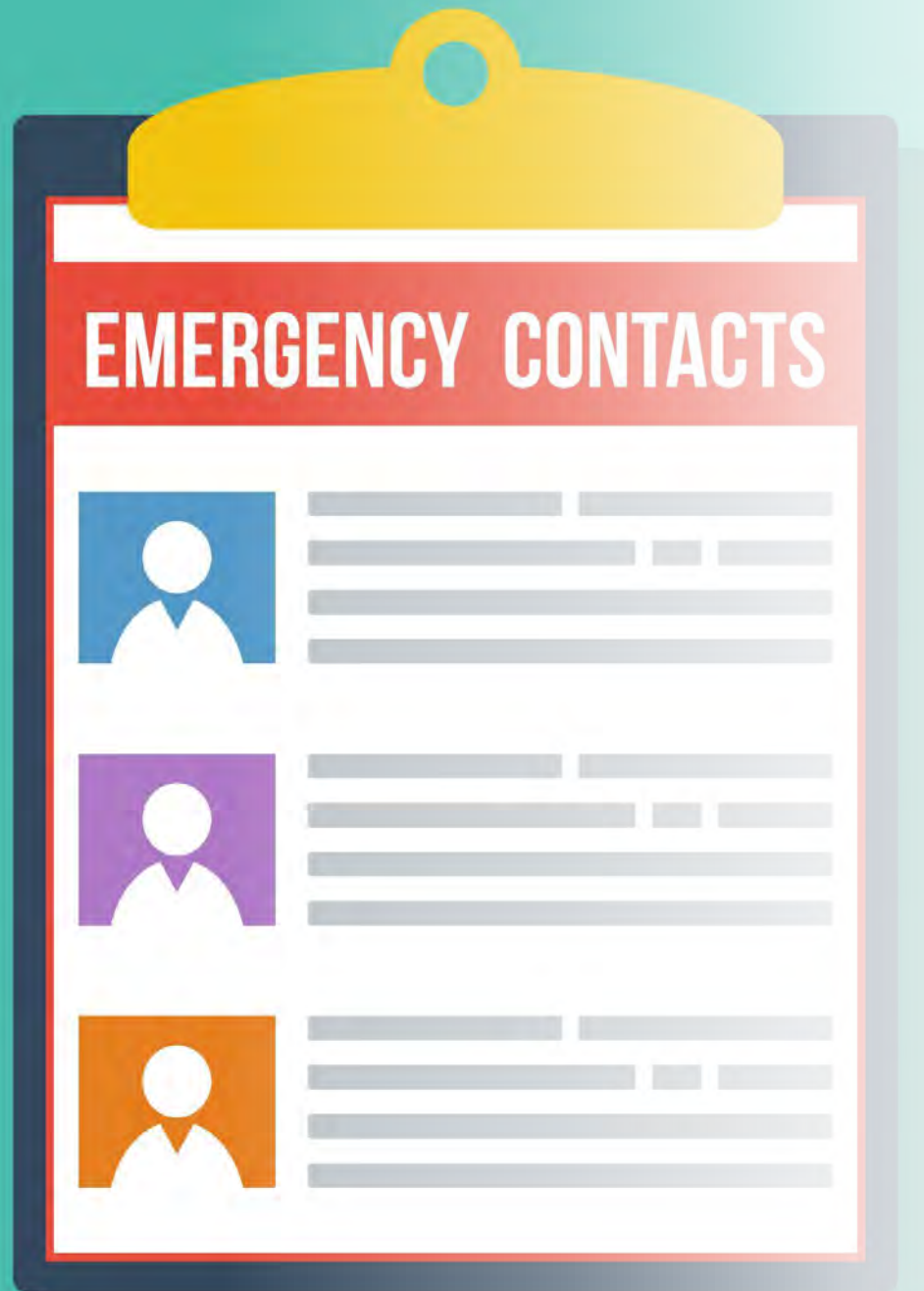
Getting Around

- Options: bus, ride share, walking, para-transit, or a ride from someone you trust
- Planning ahead: check the time, the route, and have a backup plan

Dealing With Problems and Conflict

- Landlord won't fix something: write it down, ask again, or ask your support person for help
- Roommate problem: talk calmly first, then ask for help if it doesn't get better
- Feel unsafe: call someone right away — family, a support person, or the police





Handling Emergencies

- Medical emergency: call 911, know your address, stay calm
- Losing a job or income: contact your case manager or support agency right away
- Losing housing: reach out to your support team as soon as possible — don't wait
- Know your support team's names and numbers ahead of time

Asking for Help Without Losing Independence

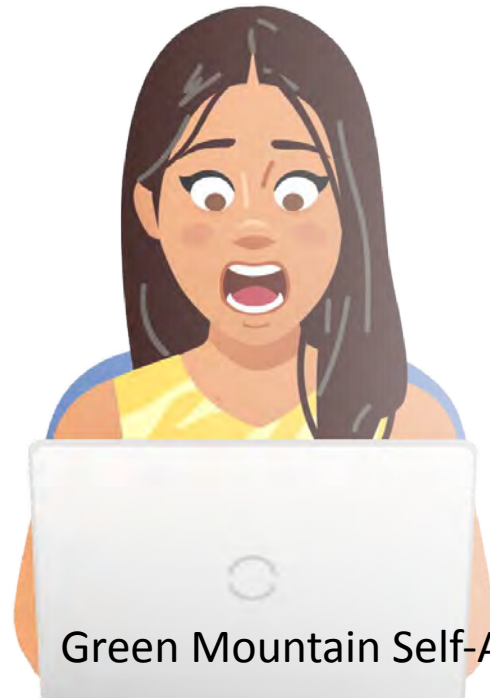
- Asking for help is a strength, not a weakness
- Independence means making your own choices — including the choice to ask for support
- Self-advocacy means speaking up for what you need, clearly and confidently





Feelings About Independence

- It's normal to feel proud, excited, nervous, or lonely — sometimes all in the same day
- Building a support network means staying connected to family, friends, and community
- You don't have to go through hard days alone





KEY TAKEAWAYS

- Living on your own means freedom AND responsibility
- Safety, money, and daily tasks all get easier with practice
- Asking for help is always okay
- You are never alone — your support team is there for you



Put this information on a piece of paper and highlight the important numbers so you can find them easily when you need them.

Resources and Contacts

- Local support agency contact information
- Your case manager's name and phone number
- Emergency numbers: 911 and your support team
- Where to find today's handout for later or ask your case manager to print these slides for you.