

**READY?** is for you as you begin to think about adult life and the challenges that come with growing up. This checklist will help you to begin to develop the skills you will need for your future. There are items in this checklist that may or may not apply to you. Challenge yourself to think creatively about each item.

	SOMETHING I WANT TO WORK ON	WHAT DO I NEED TO DO?	DONE ✓
<b>Self-Advocacy</b>			
I think and talk about my future. I can talk about what I need and want.			
If I have a disability, I'm learning about it.			
<b>Social and Recreation</b>			
I spend time with my friends.			
I go to programs in my community.			
I know how to use the Internet safely.			
<b>Independent Living Skills</b>			
I know my home/cell phone number and address.			
I know how to use the phone to get help in an emergency.			
I can make my own snack or, I can tell someone how to make it for me.			
I am responsible for a household chore.			
I pick out my own clothes.			
I take care of my own stuff.			
I know my personal care routine (washing, flossing and brushing teeth, trimming fingernails, tampons/pads, etc.).			
I have an allowance and I know how to spend it responsibly.			
I know what medical and healthcare supplies I need (medications, nebulizer, catheter, etc.).			
I know about assistive communication devices and technology.			
<b>School and Work</b>			
I am responsible for getting my homework done.			
I talk about what I want to be when I grow up.			
I go to IEP 504 meetings at school because they are important.			

	SOMETHING I WANT TO WORK ON	WHAT DO I NEED TO DO?	DONE ✓
<b>Health and Wellness</b>			
I know my height and weight.			
I exercise daily and try to eat healthy.			
I know my body will begin to change.			
I know when I am sick.			
I understand my disability and how it affects me.			
I meet alone with my doctor for part of the time during my visit.			
I ask my doctor at least one question during my office visits.			
I answer at least one question during my office visits.			
I have talked with my doctor about my health and setting goals.			
I have talked with my doctor about going to different doctors when I am an adult.			

The decision to move on to the next checklist is up to you. You can use the DONE column to help you decide. If you have a checkmark (✓) beside each item that you wanted to work on, move on to the next checklist: **GET SET.**

## Did READY? help you to ...

- ▶ Think more about your future?
- ▶ Find ways to be more responsible and develop decision-making skills?
- ▶ Think about the things on the checklist that you need to work on?
- ▶ Feel okay about the changes happening to your body?

**Now that you have completed the first checklist, take some time to think about what you have learned about yourself.**

