**Can I Take Care of Myself?**

Activity #2 (Slide #28)

**This is a list of things to consider if you are thinking of living on your own after high school. Be honest with yourself. Do this with an adult family member. Check YES or NO for each item below.**

**YES NO**

Do I brush my teeth at least once a day?

 Do I bathe at least every two days?

 Do I use soap and shampoo during my bath?

 Do I pick the clothes I wear?

 Do I shave?

 Do I get my hair cut on my own?

 Do I clean my room?

 Have I cleaned up a mess without being asked/told?

 Have I vacuumed a room?

 Have I done laundry?

 Have I cleaned a house?

 Do I get my own snacks?

 Have I ever cooked a meal?

 Have I ever followed a recipe?

 Have I ever bought groceries for a meal?

 Have I ever make a shopping list?

 Have I ever washed dishes and cleaned a kitchen after a meal?

 Can I plan and make a meal that has all the major food groups?

 Have I heard of 911?

 Have I put a bandage on a cut?

 Can I keep it a secret that I’m home alone?

 Have I ever ignored a stranger who was bothering me?

 Do I report strangers who bother me?

 Do I lock the doors to my house or apartment?

 Can I take medicine without help?

 Do I know what I want to do in the future?

 Do I understand my disability?

 Can I solve problems myself?

 Do I feel good about myself?

 Have I prioritized tasks to do?

 Do I have my appointments written down?

 Have I ever scheduled an appointment with someone?

 Do I use crosswalks?

 Do I use street light signals to walk across the street?

 Have I ever ridden a bus by myself?

 Have I ever called the bus station to find a bus route?

 Have I ever used a bus schedule?

 Have I ever gone somewhere unfamiliar on the bus?

 Have I ever used a bus stop sign to find a bus stop?

 Will someone need to drive me to places that I want to go?

 Do I have a car that I can use to go places?

 Do I have a license to drive a car?

 Do I know how to maintain a car?

 Do I have money to buy gas and take care of a car?

 Have I ever gone to a park?

 Have I ever ordered the food at a restaurant?

 Have I ever gone to a movie by myself?

 Have I ever gone to a mall or store by myself?

 Do I have a sport I like to play?

 Have I ever planned an outing?

 Do I have 5 friends?

 Do I have one close friend, other than a boy/girl friend?

 Have I ever gone out with a friend?

 Do I ever ask friends to go somewhere with me?

 Have I ever gone on a date?

 Have I ever asked someone out on a date?

 Do I know how babies are made?

 Have I answered the phone?

 Have I ever called someone on the p hone?

 Do I keep a personal address book?

 Have I ever looked up a phone number in the white pages?

 Have I ever looked up a phone number in the yellow pages?

 Do I know how to use a pay phone?

 Have I ever used 411 to get a phone number?

 Have I ever gong shopping along?

 Have I ever waited for change?

 Have I ever looked for a cheaper price at the store?

 Have I ever shopped for more than 20 items?

 Have I ever tried on clothes at a store?

 Have I ever planned a shopping list?