



Transition Newsletter

Volume 8
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Preparing to Live on Your Own

Some of you may be considering living on your own in a short few months or within the next few years. There are many things that you could be doing now to prepare yourself for this journey. Here are just a few skills that you can start working on now to become more ready for your big move in the future!



APP HIGHLIGHT



Do! - Simple To Do List

The Do! app gives you the look and feel of a paper to-do list, complete with unique paper and pen sound effects. Plus, tasks are easy to add and view thanks to the Today widget for your device.

To help organize your to-do list, you can add a color-coding system, perfect for keeping track of bathroom cleaning tasks versus kitchen cleaning tasks.

Do! is free to download for Android and iOS devices with in-app purchases. The premium option removes ads and allows for unlimited task groups.

This is informational only. DHS is neither supporting or endorsing the app. Please determine for yourself if you wish to use it and proceed accordingly.

Personal Care

- Practice good personal hygiene, taking showers and brushing teeth regularly without prompts
- Take part in activities to stay physically fit, like a daily walk around the neighborhood
- Understand the dangers of smoking, drugs, alcohol, unprotected sex, and abusive behaviors
- Know when to seek medical care and how/when to take medication
- <https://gottransition.org/youth-and-young-adults/>

Laundry

- Learn what supplies are needed, how to sort dirty laundry, wash and dry them, then fold and store them properly after they've been cleaned—consider writing up simple step-by-step instructions to have in your laundry room to reference
- <https://www.instructables.com/How-To-Do-Laundry-in-16-Simple-Steps/>

Keeping a Clean House

- Learn what supplies you should have handy and helpful tips to keep your living areas tidy as well as print some to-do lists to remember things
- <https://bit.ly/3d9cHVJ>

Food Preparation

- Learn what items belong in a cabinet, fridge or freezer and how long items will last
- Help the person who typically cooks in your house make meals so you can learn how to follow a recipe while learning valuable cooking safety tips along the way
- <https://accessiblechef.com/> or find CookABILITY on YouTube for videos

In previous transition newsletters, we discussed **money management** (February 2021) and **transportation** (March 2021) which can be found here: <https://dhs.sd.gov/transitionresources.aspx>



Name:

Phone:

Email:

[dhs.sd.gov/
transitionresources.aspx](https://dhs.sd.gov/transitionresources.aspx)



Developing Goals for Independent Living

A form was designed to help your IEP team decide if you need a goal in the area of independent living. Independent living includes the skills and knowledge an individual needs to direct his or her life at home and in the community. Transition assessment information should be taken into account when completing this form and additional assessments may be necessary to adequately identify goal(s). Follow this link to take the quiz then share the results with your teacher and me, so we can help determine what we can do to help you accomplish your goals!

<https://bit.ly/3wYeMeP>



INDEPENDENT LIVING CHOICES
Opening doors for people with disabilities



You can always reach out to the SD independent living centers for IL assessments and skill building training.

Contact me and I'll get you started with them!

Independent Living Choices — ilchoices.org or 605.362.3550

Western Resources for Independent Living — wril.org or 605.718.1930

Supported Living Programs in SD

In South Dakota, there are waivers funded by Title XIX Medicaid to provide home and community-based services to individuals that are risk for institutionalization. Three of these waivers are detailed below. The fourth waiver is the Assistive Daily Living Services Program (ADLS) which supports eligible individuals with quadriplegia to live independently in their homes and in the communities of their choice as an alternative to living in a nursing home.

For more information about any of these programs, call 1.833.663.9673 or go to <https://dakotaathome.org/>.

Family Support 360 Waiver

FS360 is self-directed, which means the person and their family choose the services, the staff who provide them, and a schedule based on their needs. FS360 helps people and their family receive waiver-funded services and other community services, together with a variety of natural supports:

- Service Coordination
- Respite Care
- Adaptive Equipment
- Companion Services
- Supported Employment
- Personal Care

CHOICES Waiver

CHOICES is a program that provides services to children and adults with intellectual and developmental disabilities. These agency-based services are accessed through one of four community support providers available in SD which you can explore to help you achieve your best life:

- Residential services
- Supported Employment
- Day Habilitation
- Nursing
- Medical Equipment & Drugs
- Other Medical Related Services- Speech, Hearing, Language

HOPE Waiver

The HOPE waiver is operated by the Division of Long Term Services and Supports. Services allow those who have a qualifying disability to remain at home or in the least restrictive environment available. Services may include, but are not limited to:

- Homemaker
- Personal Care
- In-home Nursing
- Medical Equipment & Supplies
- Assisted Living Services
- Structured Family Caregiving
- Emergency Response Systems