Developing the Skills for Growing Up



Getting Started 123

Young people and their families will go through many changes as they grow up. To get ready for the future, young people and their families need to learn about new resources. Young people may also need to develop new skills and take on new responsibilities.



Developing the Skills for Growing Up is a series of three checklists. It will help you look at how ready you are for the future, think about what you need to work

on and plan how you will do it. Getting Started is the first level of the series.

Who is this checklist for?

Getting Started is for young people who would like to start or have only just started to think about their future and the changes that happen as they grow up. Items in this checklist will help you begin to develop the skills you need for growing up and will get you to start thinking about what you would like to do when you grow up. Young people and their families may complete this checklist together. This may give you a chance to talk about how you could work together as a team to get ready for the future.

Note to parents

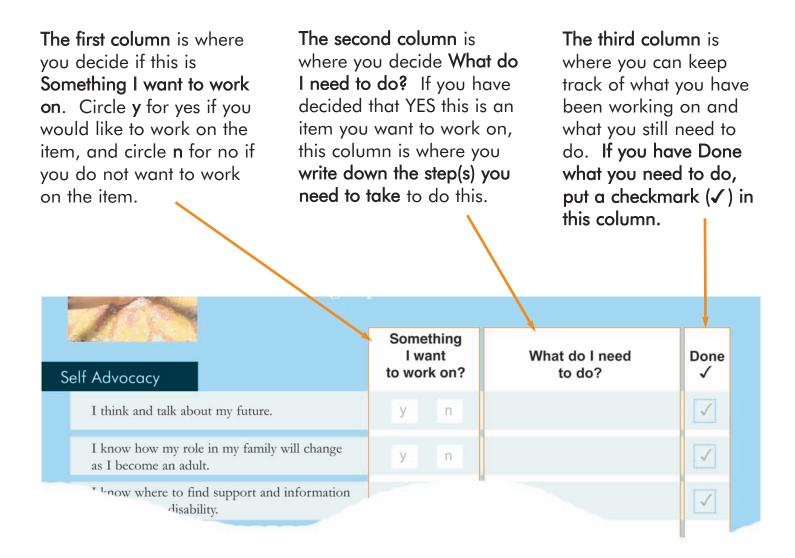
Families have told us that their child's cognitive abilities affect how they plan for the future and how their child is involved with these plans. The skills your child will require for adult life will depend on their goals for the future. Even if your child is not able to be independent, they will eventually move to adult programs and services. There are some items in this checklist that apply to everyone regardless of ability.

However, there may be other items in this checklist that you feel do not apply to your child. Challenge yourself to think creatively about each item. Think about how you can encourage your child to make choices and actively participate in their life. Some items may be a reminder to you, as a parent, to take responsibility for these tasks. If you have any questions, talk to your child's health care team to find out how you can use this checklist to meet your child's needs.



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How do I complete the checklist?



When do I move on to the next checklist?

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 (\checkmark) beside each item that you wanted to work on and there are no other items that you would like to work on, move on to the next checklist: **On My Way**.



Developing the Skills for Growing Up: Getting Started

Self Advocacy	Something I want to work on?	What do I need to do?	Done √
I think and talk about my future.	y n		
I can speak up for what I need or want.	y n		
Social & Recreation			
I spend time with my friends.	y n		
I go to programs in my community.	y n		
I know how to use the internet safely.	y n		
Independent Living Skills			
I can make my own snack or tell someone how to make it for me.	y n		
I am responsible for a chore.	y n		
I pick out my own clothes.	y n		
I take care of my own belongings.	y n		
I know my personal care routine.	y n		
I know my health care supplies (e.g. medications, catheter, etc.).	y n		
I have an allowance and know how to spend it.	y n		\checkmark

	Something I want to work on?	What do I need to do?	Done √
I know my home phone number and addres	s. y n		
I use the phone.	y n		
I know how to get help in an emergency.	y n		
I know about assistive devices and technolog	gy. y n		\checkmark
School & Work			
I am responsible for getting my homework o	lone. Y n		
I talk about what I want to be when I grow	up. y n		
Health & Wellness			_
I know my height, weight and birth date.	y n		
I know when I am sick.	y n		
I exercise and eat healthy.	y n		
I can tell someone what my disability is and how it affects me.	y n		\checkmark
I know how puberty will affect me and my disability.	y n		
I ask at least one question during health care visits.	y n		
I answer at least one question during health care visits.	y n		\checkmark

My Own Stuff

This section is where you can add in items that you would like to work on that are specific to you and your needs.

Notes to Myself

Who do I need to talk to? Write down the names of people that you think you should talk to (e.g. parents, health care professionals, teachers, friends, etc.).

Where do I need to go? Write down places that you need to visit or resources that you can use (e.g. local community centre, Internet websites, etc.).

If you have questions about this checklist, or related programs and services, please talk to your health care team or e-mail lifeskills@bloorviewmacmillan.on.ca