

# Skills and Supports

It takes a lot of different skills to live successfully on your own. Take some time to think about what skills you currently have, what skills you can build, and what skills you'll need help with.

You can use this list as a starting place. For any skills you will need help with, think about who can help you with it. This could include a person you know, like a family member or friend. It could also be a program or service.

tasks	I can do this now	I can learn to do this	I will need help with this & who can help me
taking care of personal hygiene			
getting dressed and undressed			
taking medication			
taking care of medical needs			
doing basic first aid			
making medical appointments			
setting a budget			
managing money			
paying bills			
grocery shopping			
cooking meals			
doing laundry			
making the bed			
house cleaning			
plunging a toilet			
dealing with emergencies			

