



“A Home of My Own” Focuses on Community Living Skills

“A Home of My Own” team members work with people with disabilities everyday to help them become as independent as possible, to live safely in their home and community and to enjoy living in their own homes. Each person focuses on different community living skills which are described in their Individual Support Plans (ISP) and for some people, Behavior Support Plans. The following are community living skills that everyone needs to master to become as independent as possible:

Household Management

Cleaning, laundry and basic maintenance/repairs

Healthy Eating

Learning what are healthy foods

Understanding what foods are on special diets (gluten free, low cholesterol, etc.)

Planning a weekly menu

Preparing a shopping list

Shopping by using coupons and reading about store specials

Reading/following a picture recipe

Preparing and enjoying a meal

Money Management

Budgeting, writing checks and paying bills

Social Skills

Developing and using appropriate social skills at work, at home and in the community

Health Care Management

Understanding health issues/history

Knowing your medications

Knowing your physicians

Making medical/dental appointments

Filling/refilling prescriptions

Academic Skills

Functional reading (recipes) and functional math (paying bills)

Fostering Self-Determination

Problem solving, making choices and self-advocacy

Healthy Lifestyles

Meeting and making friends

Maintaining friendships and family relationships

Dating

Fitness/recreation

Safety

Safety procedures in the home

What to do in an emergency at home

Reporting unsafe conditions to your family, staff or landlord

Exiting during unsafe conditions, including a fire or tornado

How to be safe when in the community, including anti-victimization and safely carrying money and identification

Safely using assistive technology, the internet and social media

For more information on ACHIEVA's “A Home of My Own”
711 Bingham Street, Pittsburgh PA 15203
412-995-5000 x402
www.achieva.info