
INDEPENDENT LIVING SKILLS

OVERVIEW

DEFINITION

Independent living skills help adolescents increase their abilities to live on their own and increase their self-reliance.

RELEVANCE

Preparing youth for independent living (especially older teens and those transitioning out of placement or foster care) has been shown to improve their life chances.

GOAL

Self-sufficient living.

INDEPENDENT LIVING SKILL SET:

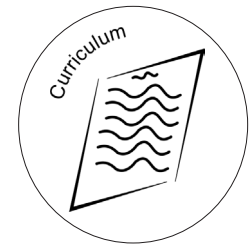
- ✓ Housing
- ✓ Money Management
- ✓ Transportation
- ✓ Daily Living Skills

A NOTE ABOUT INDEPENDENT LIVING SKILLS CURRICULA

The independent living skills curricula profiled in this Guide do not generally offer facilitator training. The basic elements of independent living skills are common knowledge for most adults, and therefore do not require facilitators to possess specialized knowledge or undergo rigorous training prior to teaching classes. The profiled curricula's facilitator manuals provide step-by-step assistance in lesson planning and teaching the curricula.

ARISE INDEPENDENT LIVING CURRICULUM

Skill-training curriculum for youth ages 14-19 preparing to live independently.



- ✓ INDEPENDENT LIVING SKILL SET
- ✓ PRO-SOCIAL SKILL SET
- ✓ ACADEMIC SKILL
 - STUDY AND LEARNING SKILLS

INTERESTING FACTS

ARISE was founded in 1986 to publish educational materials designed to prepare at-risk young people to live independently and become productive members of society.

ABSTRACT:

The *ARISE Independent Living Curriculum*¹ is a series of topic-specific lessons designed to develop a foundation for youth to make successful transitions to responsible adulthood by building their capacities to live independently, become successful in their personal lives and work, and becoming productive members of society.

The *ARISE Independent Living Curriculum* consists of several series of lessons that can be mixed and matched to create individualized courses of study, depending on youths' ages and needs. The number of hours and sessions is dependent upon the lessons used.

ARISE Independent Living Curriculum may be taught in probation departments, community-based programs, and residential facilities. The curriculum is designed to be presented using an interactive group process that includes role-playing, modeling, written assignments, brainstorming, dynamic group discussion, and assessment.

Training is offered but not required to facilitate *ARISE Independent Living Curriculum* groups or purchase materials. Curriculum materials include facilitator manuals, student workbooks, and quizzes to evaluate learning.

The *ARISE Independent Living Curriculum* has been evaluated but not listed in a registry. Internal evaluations have concluded that the ARISE instructor training and youth curricula are very effective. The evaluations assessed multiple dimensions, including ARISE's training practices and effectiveness, the competency of ARISE certified instructors, and the satisfaction of youth participants and instructors.²

OBJECTIVES:

Participants will:

- ✓ Learn how to plan and manage time, money, and other resources to support themselves,
- ✓ Learn to utilize available resources to find housing, transportation, and employment, and to make informed consumer decisions,
- ✓ Learn to make educated life choices concerning nutrition, fitness, healthcare, parenting, and sexual responsibility, and
- ✓ Begin to create and maintain appropriate support networks.

COMPONENTS:

The ARISE Independent Living Curriculum includes:

- ✓ Time and money management
- ✓ Housing, transportation, employment, and informed consumer decisions
- ✓ Healthcare, parenting, and sexual responsibility
- ✓ Social support and networking

TRAINING AND MATERIALS:

Training is offered but not required to facilitate *ARISE Independent Living Curriculum* groups or purchase materials. See Appendix B for more information about training, a list of materials, and associated costs.

CONTACT INFORMATION:

ARISE Foundation

824 US Highway 1, Suite 240

North Palm Beach, FL 33408

Phone: (888) 680-6100

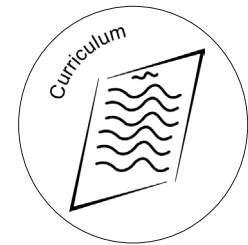
Fax: (888) 599-3750

Email: questions@ariselife-skills.org

Website: www.ariselife-skills.org

CASEY LIFE SKILLS TOOLS

Skill assessment tool, curriculum-designing tool, and instructional guidebook for independent living skill building for youth ages 8 and older.



- ✓ **INDEPENDENT LIVING SKILL SET**
- ✓ **PRO-SOCIAL SKILL**
— SOCIAL INTERACTION SKILLS
- ✓ **ACADEMIC SKILL**
— STUDY AND LEARNING SKILLS
- ✓ **WORKFORCE DEVELOPMENT SKILL SET**

INTERESTING FACTS

The Casey Family Programs Foundation, the developer of the *Casey Life Skills Tools*, was established in 1966 by United Parcel Services (UPS) founder Jim Casey to help emancipated youth and youth in foster care.

ABSTRACT:

The *Casey Life Skills Tools*³ is a comprehensive set of web-based tools designed to help youth in foster care and other out-of-home placements and the adults working with them to identify independent living and other competency development skill deficits and provide a means to attain competencies in those areas. These tools are appropriate for all youth regardless of living circumstances.

The first tool, the *Ansell-Casey Life Skills Assessment (ACLSA)*, is an evaluation of a broad range of skills that consists of statements about life skills that youth and/or caregivers complete. There are four different assessments for different age groups as well as assessments for caregivers to rate the youth. A scored report indicates areas of strength and weakness from which an individualized or group curriculum may be designed. The assessments may also be administered after life skills instruction to evaluate learning.

The second tool, the *Life Skills Guidebook*, is designed to help create a life skills-building curriculum by outlining important life skills and identifying learning goals, expectations, activities, exercises and materials that can be used to teach youth. The *Guidebook* outlines nine important life skills that match those in the *ACLSA* (see Components, below).

The third tool, *Ready, Set, Fly!*, is an instructional book that contains a series of activities and suggestions that may be used to help youth learn the targeted life skills. The activities and suggestions vary from simple to more complex and can be used with children whose ages range from elementary to post high school. The activities in *Ready, Set, Fly!* are broken down into levels according to the youths' ages and are both age appropriate and developmental stage appropriate. *Ready, Set, Fly!* may be used by itself or in conjunction with the other *Casey Life Skills Tools*.

The *ACLSA* and *Life Skills Guidebook* are designed to be used online when assessing youth and developing a curriculum, but may be used in hard copy by printing a paper copy from the webpage. *Ready, Set, Fly!* and other independent living skills curricula may be used one-on-one or in group settings in probation departments, community-based programs, residential facilities, and with other care providers.

Training is offered but not required to use the *Casey Life Skills Tools*, develop curricula, or facilitate groups.

The *Casey Life Skills Tools* have not been evaluated or listed in a registry, but meet NCJJ's criteria for inclusion.

OBJECTIVES:

Caregivers and facilitators will:

- ✓ Assess the youth's progress toward living independently with the *ACLSA*,
- ✓ Use the *Life Skills Guidebook* to develop curricula that teaches skills the youth needs to succeed as indicated from the *ACLSA*, and
- ✓ Teach the needed life skills using *Ready, Set, Fly!* and other materials as indicated in the *Life Skills Guidebook*.

COMPONENTS:

The *ACLSA* and *Life Skills Guidebook* include:

- ✓ Career Planning
- ✓ Communication Skills
- ✓ Daily Living
- ✓ Home Life
- ✓ Housing and Money Management
- ✓ Self Care
- ✓ Social Relationships
- ✓ Work Life
- ✓ Work and Study Skills

TRAINING AND MATERIALS:

Training is offered but not required to use the *Casey Life Skills Tools* or access materials. See Appendix B for more information about training and a list of materials.

CONTACT INFORMATION:

Casey Family Programs

1300 Dexter Avenue North, Floor 3

Seattle, WA 98109

Phone: (206) 282-7300

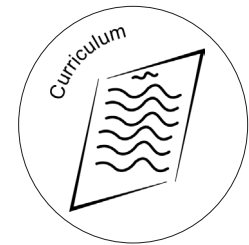
Fax: (206) 282-3555

Email: acls@casey.org or contactus@casey.org

Websites: www.caseylifeskills.org or www.casey.org

CURRICULUM AND LESSONS FOR ATTAINING SELF-SUFFICIENCY (CLASS)

Skill-training curriculum for youth ages 14 and older preparing to live independently.



- ✓ **INDEPENDENT LIVING SKILL SET**
- ✓ **PRO-SOCIAL SKILL**
— SOCIAL INTERACTION SKILLS
- ✓ **WORKFORCE DEVELOPMENT SKILL SET**

INTERESTING FACTS

Daniel Memorial Institute, Florida's oldest child-serving agency, has evolved into a multi-service agency that assists troubled youths and their families with a variety of innovative and nationally recognized programs. Since 1987, the Daniel Memorial Institute has developed and marketed training materials for independent living skills, foster care, and social service programs.

ABSTRACT:

*Curriculum and Lessons for Attaining Self-Sufficiency (CLASS)*⁴ is a comprehensive, competency-based software curriculum designed and marketed by the Daniel Memorial Institute to teach youth independent living skills in 14 life skills categories. Each of the life skills categories in the *CLASS* curriculum contains a series of lessons (sessions) pertaining to the title topic and all the resources needed to make training sessions complete. Sessions average 45 minutes in length.

CLASS may be taught in probation departments, community-based programs, and residential facilities. *CLASS* focuses on teaching specific skills through exercises, worksheets, games, and practice in a small group setting.

Training is not offered for the *CLASS* curriculum, which is designed to provide all the necessary materials as well as guidance and support for facilitators. The *CLASS* curriculum software provides lesson plans with facilitator instructions, overhead copies, participant handouts, and pre- and post-test questions to evaluate learning. The software provides the facilitator with the ability to edit lesson plans and print all needed materials from their computers; no additional books or resources are necessary.

CLASS has not been evaluated or listed in a registry, but meets NCJJ's criteria for inclusion.

OBJECTIVES:

Participants will develop specific competencies as evaluated by pre- and post-tests in each of 14 life skills categories included in the curriculum.

COMPONENTS:

CLASS includes:

- 1) Interpersonal Skills
- 2) Educational Planning
- 3) Money Management
- 4) Food Management
- 5) Personal Appearance
- 6) Health
- 7) Job Seeking
- 8) Job Maintenance
- 9) Legal Skills
- 10) Emergency and Safety Skills
- 11) Community Resources
- 12) Housekeeping
- 13) Housing
- 14) Transportation

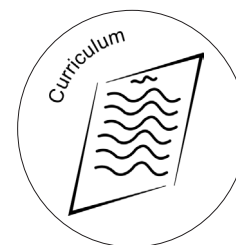
TRAINING AND MATERIALS:

Training is not offered for the *CLASS* curriculum. See Appendix B for a list of materials and cost information.

CONTACT INFORMATION:

Daniel Memorial Institute
4203 Southpointe Boulevard
Jacksonville, FL 32216
Phone: (904) 296-1055
Fax: (904) 296-1953
Email: info@danielkids.org
Website: www.danielkids.org

**I CAN DO IT! A MICROPEDIA OF LIVING
ON YOUR OWN (HANDBOOK)
I'M GETTING READY...I CAN DO IT!
(WORKBOOK)**



Skill-training resource handbook
and workbook for youth ages
14 and older preparing to live
independently.

✓ **INDEPENDENT LIVING SKILL SET**

INTERESTING FACTS

I Can Do It! (1996) and *I'm Getting Ready* (2001) were written by a home economics teacher who wanted to create an alternative way to get needed information to young people who are living on their own. The publishing company, Microlife, received a National Independent Living Association Award in 2003.

ABSTRACT:

*I Can Do It! A Micropedia of Living on Your Own*⁵ is an engaging, easy to use, comprehensive resource handbook that can be used by older youth to guide them through most topics pertaining to living on their own.

I'm Getting Ready...I Can Do It! is an interactive workbook with activities created to motivate learning. The "lessons" encourage involvement of the learner with friends, groups, family, and/or community. Background information for completing the activities can be found in the *I Can Do It!* resource handbook.

The *I Can Do It!* resource handbook and *I'm Getting Ready* workbook can be used as a curriculum to teach individuals or groups, or as a resource of information for youth when making decisions and planning for independent living. This curriculum may be used in probation departments, community-based programs, residential facilities, and with other care providers.

Training is not offered for this curriculum. Materials include the resource handbook and student workbook. Materials are available as free online PDF downloads or may be purchased.

I Can Do It! and *I'm Getting Ready* have not been evaluated or listed in a registry, but meet NCJJ's criteria for inclusion.

OBJECTIVES:

I Can Do It! and *I'm Getting Ready* will teach youth independent living skills and help youth plan for independent living.

COMPONENTS:

I Can Do It! A Micropedia of Living on Your Own includes:

- ✓ Budgeting to Make Money Stretch
- ✓ Using Banks and Credit
- ✓ Protecting Your Money and Your Future
- ✓ Starting Out Supplies
- ✓ Furnishing with Old and New
- ✓ Finding My Own Place
- ✓ Staying Safe
- ✓ Finding a Compatible Roommate
- ✓ Building a Support Network
- ✓ Moving Out
- ✓ Looking Good
- ✓ Hungry? Eat Healthy?
- ✓ Cook 'n Shop
- ✓ Wash 'n Wear & Care 'n Repair
- ✓ Getting Cleaned Up For Company
- ✓ Traveling to See New Horizons
- ✓ Buying Wheels

TRAINING AND MATERIALS:

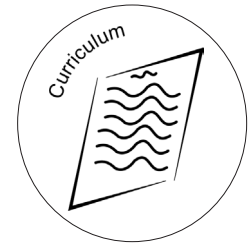
Training is not offered for this curriculum. See Appendix B for a list of materials and cost information.

CONTACT INFORMATION:**MICROLIFE**

1610 N. Briarcliff Drive
Appleton, WI 54915
Phone: (888) 357-7654
Fax: (920) 735-9434
Website: www.sociallearning.com

KIDS + KASH

Skill-training curriculum for youth ages 9-13.



INDEPENDENT LIVING SKILL
— MONEY MANAGEMENT

INTERESTING FACTS

The *Kids + Kash* curriculum was prepared by the College of Agricultural Sciences, Cooperative Extension, The Pennsylvania State University, by extension agents Christine A. Tomascik of Luzerne County, Dawn M. Olson of Monroe County, Debra A. Bryant of Wayne County, and Cathy F. Bowen, associate professor of agricultural and extension education.

ABSTRACT:

Kids + Kash,⁶ a curriculum designed to teach consumer and money skills, is an education project supported by the 4-H program and available free for all adults and youth to use.

Kids + Kash consists of four lessons in which participants are encouraged to develop financial goals and responsible money management. Each lesson may be taught in one to two sessions depending on the length of each session, amount of material covered, and number of optional activities presented.

Kids + Kash may be used in probation departments, community-based programs, residential facilities, and with other care providers. The curriculum is designed to be presented in an interactive group format that includes discussion, written assignments, demonstration, and homework.

Training is not offered for the *Kids + Kash* curriculum, but facilitators may access support through the local county Extension office. Materials include a leader's manual (includes all the necessary materials for each lesson and provides step-by-step instructions) and member's guides (participant workbooks) for each of the four lessons. Pre- and post-tests are included to evaluate learning.

Kids + Kash has not been evaluated or listed in a registry, but meets NCJJ's criteria for inclusion.

OBJECTIVES:

Participants will learn the factors affecting purchasing decisions, understand the process of making a consumer complaint, distinguish between needs and wants, and recognize the influence of advertising on their purchasing decisions.

COMPONENTS:

Kids + Kash includes:

Member's Guide 1:

- ✓ Definition of a consumer
- ✓ Comparison shopping saves time and money
- ✓ Advertisements may tell only part of the story
- ✓ Distinguish between needs and wants

Member's Guide 2:

- ✓ Shop in different types of stores for different reasons
- ✓ Complain effectively

Member's Guide 3:

- ✓ Advertising influences consumer behavior
- ✓ Evaluate what the term "sale" really means
- ✓ Valuable information on nutrition labels
- ✓ Basic steps for asserting consumer rights

Member's Guide 4:

- ✓ Advertisements are not always honest
- ✓ Decipher or decode advertisements
- ✓ Expensive products not always the best quality or best buy
- ✓ Warranties

TRAINING AND MATERIALS:

Training is not offered for *Kids + Kash*. However, the local county Extension office can answer questions about the *Kids + Kash* curriculum and how to use it.

All *Kids + Kash* materials are available as free online PDF downloads. See <http://pa4h.cas.psu.edu/102.htm> (Look under the topic "Family and Consumer Sciences," subtopic "Economics, Jobs and Careers.")

- ✓ *Kids + Kash* Leader's Guide
- ✓ *Kids + Kash* Member's Guides 1-4

CONTACT INFORMATION:

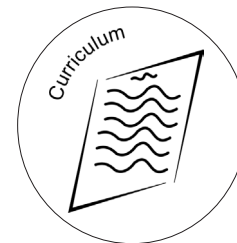
The Pennsylvania State University

The College of Agricultural Sciences
Agricultural and Extension Education
114 Ferguson Building
University Park, PA 16802
Phone: (814) 685-1688
Fax: (814) 863-4753
Website: www.cas.psu.edu

See 4-H contact information in Appendix C for a list of Penn State Cooperative county Extension offices.

PREPARING ADOLESCENTS FOR YOUNG ADULTHOOD (PAYA)

Skill-training curriculum for youth 14 and older preparing to live independently.



- ✓ **INDEPENDENT LIVING SKILL SET**
- ✓ **PRO-SOCIAL SKILL**
— SOCIAL INTERACTION SKILLS
- ✓ **WORKFORCE DEVELOPMENT SKILL SET**

INTERESTING FACTS

The Massachusetts Department of Social Services developed *Preparing Adolescents for Young Adulthood (PAYA)* to ensure continuity of life skills training provided to youth in agency care, and mandated in the Standards for Independent Living that all placement programs must use the curriculum.

ABSTRACT:

*Preparing Adolescents for Young Adulthood (PAYA)*⁷ is a workbook series created for youth aging out of foster care or other youth who need to prepare to live independently, and is available free for all adults and youth.

PAYA consists of five modules with a total of 16 topics (lessons) and brief assessments that match the learning goals and expectations of the *Casey Life Skills Guidebook* (see *Casey Life Skills Tools* profile).

PAYA may be used by an individual alone or with an adult, and in a group setting in probation departments, community-based programs, residential facilities, and other care providers. The curriculum utilizes hands-on experiential learning to help develop or strengthen the skills necessary for youth to live on their own.

Training is not offered for this curriculum. Materials include five handbooks for skill development (Modules 1-5) that contain information and exercises by topic area. Brief assessments evaluate participant learning.

PAYA has not been evaluated or listed in a registry, but meets NCJJ's criteria for inclusion.

OBJECTIVES:

Participants will increase their understanding of the fundamentals of independent living and enhance their abilities to make successful and smooth transitions to self-sufficient young adulthood.

COMPONENTS:

PAYA modules include:

- Module 1:** Money Management
Home Management
Food Management
- Module 2:** Personal Care
Health Care
Social Skills
Safety
- Module 3:** Education
Job Seeking Skills
Job Maintenance Skills
- Module 4:** Housing
Transportation
Community Resources
Understanding the Law
Recreation
- Module 5:** Young Parents Guide

Each topic area within the modules includes three sections:

- 1) **Assessment** – Helps determine learner’s skill level and targets skills in need of further development.
- 2) **Skill Plan** – Helps learners organize their efforts as they work towards each goal.
- 3) **Activity/Resource Workbook** – Contains information and exercises to help develop or strengthen learner’s independent living skills.

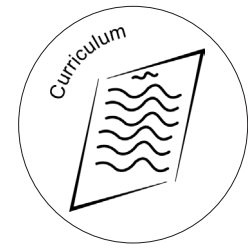
TRAINING AND MATERIALS:

Training is not offered for this curriculum.

The five *PAYA Handbooks for Skill Development* (Modules 1-5) are available as free online PDF downloads. See “Core Resources” list at www.caseylifeskills.org/pages/res/res_ACLSAGuidebook.htm.

THE RENT EVENT

Skill-training curriculum for youth ages 16-19 preparing to live independently.



INDEPENDENT LIVING SKILL
— HOUSING

INTERESTING FACTS

The Rent Event curriculum was prepared by the College of Agricultural Sciences, Cooperative Extension, The Pennsylvania State University, by Robert J. Thee, extension agent, Penn State and Sandra K. Rawls, former assistant professor of environmental design, University of Missouri–Columbia. Updated by Robert J. Thee and Jan Scholl, associate professor, agriculture and extension education, Penn State.

ABSTRACT:

The Rent Event,⁸ a curriculum designed to teach youth the decision-making process of renting a place to live, is an education project supported by the 4-H program and is available free for all adults and youth to use.

The Rent Event curriculum has eight lessons plus instructions for two games. The curriculum is organized to correspond to the normal sequence of events in the renting process, and is presented in a theatrical theme based on the idea that renting is a happening or event. The theatrical characters in the curriculum tend to make mistakes and provide comic relief.

The Rent Event may be used in probation departments, community-based programs, residential facilities, and with other care providers. The curriculum is designed to be presented in an interactive group format that includes discussion, written assignments, demonstration, and homework.

Training is not offered for *The Rent Event* curriculum, but facilitators may access support through the local county Extension office. Materials include a leader's guide with step-by-step instructions to prepare each lesson and a member's guide (participant workbook).

The Rent Event has not been evaluated or listed in a registry, but meets NCJJ's criteria for inclusion.

OBJECTIVES:

Participants will:

- ✓ Build self-confidence by applying the decision-making process to the tangible situation of renting a place to live, and
- ✓ Learn skills that will help them have a more satisfying first-time rental experience as well as prepare them for future housing decisions, including those relating to homeownership.

COMPONENTS:

The Rent Event curriculum includes:

1. Decisions, Decisions (understanding the decision-making process)
2. Reading the Fine Print (understanding a lease)
3. Home, Sweet Home (selecting a place to rent)
4. Getting Connected (learning about utilities)
5. Are You Covered? (understanding renter's insurance)
6. Playing the Security Deposit Sweepstakes (taking care of an apartment)
7. Do I Know You? (selecting a roommate)
8. Thud! As the Curtain Falls (inspecting and evaluating an apartment)

TRAINING AND MATERIALS:

Training is not offered for *The Rent Event*. However, the local county Extension office can answer questions about *The Rent Event* curriculum and how to use it.

The Rent Event materials are available as free online PDF downloads. See <http://pa4h.cas.psu.edu/102.htm>. (Look under the topic "Family and Consumer Sciences," subtopic "Rent Event,")

- ✓ *The Rent Event* Leader's Guide
- ✓ *The Rent Event* Member's Guide

CONTACT INFORMATION:

The Pennsylvania State University

The College of Agricultural Sciences
Agricultural and Extension Education
114 Ferguson Building
University Park, PA 16802
Phone: (814) 685-1688
Fax: (814) 863-4753
Website: www.cas.psu.edu

See 4-H contact information in Appendix C for a list of Penn State Cooperative county Extension offices.

ENDNOTES:

- ¹ Material in the *ARISE Independent Living Curriculum* profile was derived from the ARISE website www.ariselife-skills.org. (Information acquired October 31, 2007.)
- ² BMR Consulting, LLC. (2007). *ARISE Life Management Skills Instructor Training for Intervention/Re-entry Programs for High-Risk Youth*. OJJDP Grant #2005 JLFX 0013: Final Report. Arise Foundation. Retrieved January 3, 2008 from www.ariselife-skills.org/Home/JuvenileJustice.aspx.

Carocco, Natalie. (2007). *Evaluation of the ARISE Foundation Life Management Skills Program Targeting High-Risk Youth in the District of Columbia*. ARISE Foundation. Retrieved January 3, 2008 from www.ariselife-skills.org/Home/JuvenileJustice.aspx.
- ³ Material in the *Casey Life Skills Tools* profile was derived from two sources:
Casey Family Programs website www.casey.org. (Information acquired October 15, 2007.)
Casey Life Skills website www.caseylifeskills.org. (Information acquired October 15, 2007.)
- ⁴ Material in the *Curriculum and Lessons for Attaining Self Sufficiency* profile was derived from the Daniel Memorial Institute website www.danielkids.org. (Information acquired October 5, 2007.)
- ⁵ Material in the *I Can Do It! A Micropedia of Living on Your Own* profile was derived from www.caseylifeskills.org. (Information acquired October 15, 2007.)
- ⁶ Material in the *Kids + Kash* profile was derived from the *Kids + Kash Leader's Guide*. Retrieved October 15, 2007 from <http://pa4h.cas.psu.edu/102.htm>.
- ⁷ Material in the *Preparing Adolescents for Young Adulthood (PAYA)* profile was derived from two sources:
The PAYA Handbooks for Skill Development. Retrieved October 15, 2007 from www.caseylifeskills.org/pages/res/res_ACLSAGuidebook.htm.
Howard, J. (2003). *A Guide for Foster and Pre-Adoptive Parents*. Boston, MA: Massachusetts Department of Social Services.
- ⁸ Material in *The Rent Event* profile was derived from *The Rent Event Leader's Guide*. Retrieved October 15, 2007 from <http://pa4h.cas.psu.edu/102.htm>.

