

NAVIGATING THROUGH LIFE: MOVING AWAY FROM HOME



INDEPENDENCE AND FINDING A PLACE TO LIVE

- ✓ Some people get their parents to help them through life but once they move out and become independent they realize they do not need their parents. They have gained self-confidence.
- ✓ Moving away from home can be scary, learn from it, do not be afraid to take steps that you have never taken before.
- ✓ Moving away from home to go to college or a training program gives you the freedom to be independent and find a job.
- ✓ When you live on your own, it becomes your responsibility to clean and cook for yourself.
- ✓ Some things are going to be difficult, but learning to do things on your own, and not having people to depend on makes you more independent. It is worth it in the end. Like learning to save money for emergencies.
- ✓ Learn how to fix something when it breaks so you do not have to pay someone else.
- ✓ Youth need to know what to do and how to take care of themselves.
- ✓ Youth talk to their families about moving out.
- ✓ It can be nerve-racking living on your own. Ask for help to keep track of things.
- ✓ To be independent you have to learn to take care of yourself to get through life on your own.
- ✓ Moving away from home is a rewarding experience, so take advantage, if you get the opportunity.



PAYING RENT

- ✓ There are many different options in college to help pay rent. This includes grants, loans, family support, a part-time job, or getting a roommate to help contribute.
- ✓ Paying rent can be challenging especially during emergency situations.
- ✓ When moving out youth think it is an exciting time to learn new things, but it can be challenging, like going grocery shopping.
- ✓ Grocery shopping is hard especially when you are not sure how many supplies you need.



ROOMMATES

- ✓ The internet and social media are great resources for finding roommates and/or housing.
- ✓ If you go to college, some require you to live on campus. Make sure you learn about your school's housing requirements. Sometimes you do not get to choose your roommates.
- ✓ It's alright to have roommates even if they are strangers. They can be good support and even become great friends. Living with roommates can be challenging, especially if they are strangers. Sometimes things do not work out but remember, it is only temporary.
- ✓ College can be a great time to live with strangers because you can learn how to get along with others.



RESOURCES

My Money:

<https://www.mymoney.gov/Pages/for-youth.aspx>

Budgeting for Teens:

<https://www.moneyunder30.com/budgeting-for-teens>

United Way:

<https://www.yourunitedway.org/program/financial-well-being/>

ABLE Accounts:

<https://www.able-now.com/>

Info Sheets were developed through interviews with young people with disabilities as part of the Inclusion Project