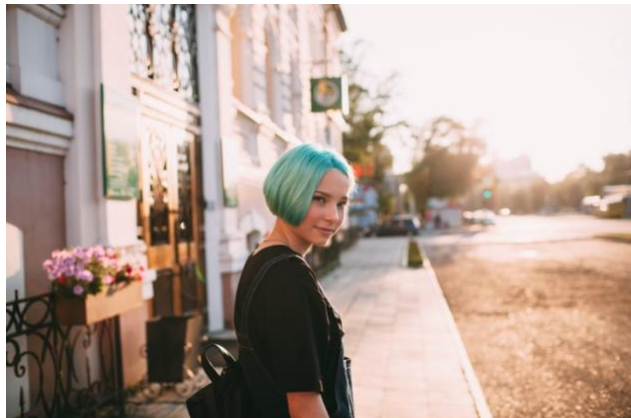


Monthly tips and resources for young adults, their families, and supporters who are exploring options for life after high school in Indiana.

Setting Independent Living Goals

Issue No. 38, October 11, 2023



Independent living encompasses the skills needed for an adult to thrive in areas like daily life, leisure, transportation, housing, personal care, and community participation.

Adults consistently set goals spanning various aspects of life. Whether it's unclogging a drain, doing laundry, joining a gym, traveling, and more, most adults set goals for leading productive, fulfilling independent lives.

While some adults may excel in certain areas, there's always room for improvement. For example, someone might be adept at navigating their neighborhood on a bike or on foot but might wish to explore other modes of transportation.

Skill Assessment with SPIN

Assessing your competencies is the first step in identifying independent living goals. One method is to identify and review your individual strengths, preferences, interests, and needs (SPIN) in each independent living domain. For example:

Topic	Transportation
Strengths	<ul style="list-style-type: none"> • I can use an app for directions. • I can walk around my neighborhood without assistance. • I can communicate where I want to go. • I can communicate my address to others. • I am a quick learner.
Preferences	<ul style="list-style-type: none"> • I prefer to travel on my own without help. • I prefer to explore many different places. • I prefer to know in advance how to get to a destination.
Interests	<ul style="list-style-type: none"> • I want to explore outside my immediate neighborhood. • I am interested to learn how to navigate the city bus system.

Needs	<ul style="list-style-type: none">• I need someone to explain the local bus system.• I need help mapping out my potential stops (e.g., home, work, parent’s house, grocery, doctor’s office).• I need assistance for the first few rides to feel comfortable, but then I can be on my own.
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Who Can Support Me?

After assessing your skills, determine if you need long-term support or aid beyond what a family can offer. This is especially true if you don’t have family members nearby. In such cases, consider seeking help from:

- Neighbors
- Co-workers
- Friends
- Places of worship
- Extended family members
- Agency representatives

Benefits of Goal Setting

Whatever your independent living dreams, setting realistic goals will help you succeed. Not only will you gain self-confidence, but success will also boost your motivation and inspire continuous self-improvement.

Resources

- Center on Community Living and Careers: [Independent Living Goals video](#)
- Milestones: [Adult Independent Living Skills to Gradually Learn at Any Age](#)
- [Indiana Statewide Independent Living Council](#)
- [Centers for Independent Living](#)
- [Determining the Need for Independent Living Postsecondary Goals](#) (fillable form)

What’s Next? is a project of the Center on Community Living and Careers.

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