

# Living Away from Home

## Learning to Live on Your Own



## and Knowing When to Ask for Help

1. The key to independence is learning to make the most of your abilities and working around your limitations
2. One way to help you become more independent is to start setting your own goals and making your own decisions
3. Learn about adaptive equipment that can make your every day life easier- ask your health care providers and educators for more information
4. Knowing what you need help with and setting up ways to get that help are important- for example, you may need an attendant to help you in the mornings and evenings with your personal care
5. Everyone has some limitations- people who become independent have figured out when and how to get the help they need



Kentucky Commission for Children  
with Special Health Care Needs