

# It's Your Move

How To Navigate Your Independence in Adulthood

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# Advocate for Yourself

Knowing yourself is the first step towards advocating for your rights. You need to know your strengths, needs, and interests before you begin to advocate.

## Helpful Hints

Learn all you can about your strengths and your needs.

Tell people what kinds of support you need and why you need them.

Find out who the key people are and how to contact them if necessary.

Be willing to ask questions when something is unclear or you need clarification.





## Getting Your ID!

The most important legal issue is you! You need to establish and safeguard your legal identity in order to a get a photo ID, a Driver's License, a job, a place to live, help from the community, recreation pass...the list goes on and on!

Protecting your identity is step one in your journey to independence.

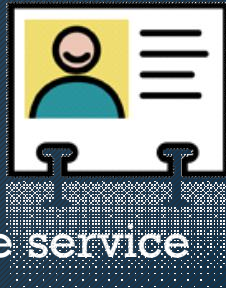
Whenever possible get all your paperwork before leaving your home, foster care placement, or residential facility.

(Click on The Pic!)



# Getting Your ID! Things you Need to Gather!

1. Copy of your birth certificate -you can get one from the Vital Records Office from the state where you were born.
2. Copy of your social security card and if you don't have one you can get it from <http://www.ssa.gov> Keep your social security number safe to protect against identity theft.
3. Citizenship documents .
4. If you were born in a country other than the United States, make sure you have a copy of all of your citizenship papers and understand completely what your citizenship rights and responsibilities are.
5. These are important documents, don't lose them! Keep them in a special place where you can find them and they are safe and secure.
6. You can register to vote at age 18.
7. If you are a male age 18 to 26, you must register for the selective service (also known as military service).







# Knowing About Your Finances

*So you have a source of income, now what?*

To open a checking or savings account you will need two forms of ID and sign documents that state you understand the bank's terms and conditions, for example: minimum opening deposit, monthly fees, ATM fees, overdraft fees, and return check fees. All of these additional fees can add up and cause your account to be overdrawn. Make sure to ask the banking institution or your support systems to explain the potential pitfalls and learn how to balance a checkbook.

Part of being independent means you have enough money to live on. Getting money can happen in many different ways. Learning how to budget your money will keep you independent for years to come.

You may get public assistance like food stamps orSSI, get income from a job or you may get help from family and friends. Once you know how much money you have each month you will know how to plan how you will spend and save. That is what you called a budget.

(Click on The Pic!)



# Info About A Budget!

A budget includes:

- Housing
- Utilities
- Food
- Transportation
- Fun
- Phone
- *If you have benefits or a job, you will need a checking or saving account. To open a checking or savings account you need two forms of ID, and a minimum opening deposit. There are a lot of hidden fees and rules with a checking account. Starting with a simple saving account is another option.*
- [www.coloradorealitycheck.com](http://www.coloradorealitycheck.com)
- (Click on the pics!)





# Credit reports!

A credit report includes information on where you live, how you pay your bills, and whether you have been sued or arrested, or have filed for bankruptcy. Businesses use your credit report to evaluate your applications for credit, insurance, employment, or renting a home.

Colorado State law allows annual credit reports free of charge.

[www.ftc.gov](http://www.ftc.gov)



# Find A Place To Live!



- Figure out how much you can afford and how much places cost.
- Research the up-front or move-in costs, including security deposit/first-last month rent, and application fees.
- **Ask people about resources**
- Find out if there are programs that can help you pay for rent. Make sure you know whether or not you are eligible, what the application process is, and how long you will have to wait to start receiving assistance.
- **Sample application**
- Practice with a sample rental application and keep it as a tool to use to help you when you are working on other rental applications so you have easy access to all the information.
- **First-Time Renters**
- Property owners may ask you to have a co-signer on the leasing application. This person would be responsible to help you pay the rent if you don't, so it is a big commitment. Understand when you sign a lease it's a legal commitment and there are rules in the lease you have to understand and follow.



# Information About A Place To Live

[www.HUD.gov](http://www.HUD.gov) is a resource that will give information for low-income housing and apartments

Shared housing, dormitory, or living with relatives can also be an option

Figure out what neighborhood is best for you, close to family, friends, good transportation, or other personal needs.

Look for "For Rent" signs or ask people in your community for a recommendation.





## Having a Home!

### HELPFUL HINTS:

- Work on clearing up, or at least addressing, any criminal records, credit, substance abuse problems, and rental past debts, so that they do not hinder your ability to rent an apartment.
- Keep in mind that while applying for rental assistance can be a frustrating and long process, it is important to apply at as many places at possible and get on the waiting lists at as many housing agencies.





## Helpful Tips for Having a Home

- The best advice to give you is to work with your case manager, family members, or friends to help navigate you through the process and keep them informed of any changes in income or if someone is living with you or if you get behind in your payment.
- Pets may not be welcomed. Check with the landlord and ask if there will be additional charges for deposit, monthly rent or any other additional fees.



# Getting A Job!

Employment is, an activity that earns a living, also called work. However, for many people becoming employed is so much more than earning a paycheck. Work is an opportunity to increase financial independence, enhance self-worth and gain societal acceptance.

Exploring occupations on the internet, taking interest and skill inventories and job shadows are excellent resources to begin identifying a career path that is not only exciting, but also fulfilling.



## Getting A Job!

Assess your skills, interests, and needs. There are free interest inventories on line to find out your strengths, interests, and abilities.

Know the work environment that works best for you. Some people may like to be in fast moving, music-blasting restaurants while others may enjoy a slow, quiet coffee shop.



# Getting a Job

## Tips on How to Get a Job

**Network:** Tell everyone you know that you are looking for work and ask if anyone is hiring.

**Know yourself:** Be able to talk about yourself, your interest, and your skills. This can help you make a great job match.



# Tips on How To Get a Job

**Interviews:** practice, practice, practice; look clean and groomed, have a positive attitude, smile and let the employer know you want the job. Even if they say no the first time, the chance to try out your interview skills will pay off in the end.

**Get letters of Recommendations:** and ask for references from people who know you, such as teachers, friends, and neighbors-people who know your work ethic.





State of Colorado Division of  
Vocational Rehabilitation  
[www.dvrcolorado.com](http://www.dvrcolorado.com)

Information

Assists people with  
disabilities in obtaining,  
maintaining or retaining  
employment consistent  
with their abilities and  
capabilities.





More Info!

## Governor's Summer Job Hunt –

The Governor's Summer Job Hunt is a vital link between classroom learning and actual on-the-job experience that matches young people's skills and interests with employment opportunities. Employment services are available, at no cost, to both employers and young adults ages 16 – 21.



## Job Info

Young adults interested in employment can go to any of the Summer Job Hunt offices located throughout the State. These offices are a place where young people can meet with an employment specialist, who will assist them with job search activities and referrals. More details can be found here:  
<http://www.colorado.gov/cs/Satellite/CDLE-EmployTrain/CDLE/1248095317847>







[More Job Info](#)

## Workforce centers/Workforce Investment Act - The WIA

Youth Program helps low income, at-risk youth and young adults, youth with disabilities, youth engaged with the foster care system, corrections, and other barriers to achieve their education and employment goals.



# Job Information

Eligible youth enrolled in the program work with a counselor to create a plan for success, and can take advantage of a variety of services that can be accessed by contacting a local workforce center. More details can be found here:  
<http://www.colorado.gov/cs/Satellite/CDLE-EmployTrain/CDLE/1251621078706>





# Go To College or Get Hands-on Training



First, think about what type of education you need to enter the career you want.

**Career and Technical Training:** Allows you to earn a certificate in the specific field you want to enter (ex. CNA training, auto mechanic certification)

**Two or Four Year College:** Offers an associates or bachelor's degree, which enables you to work in your chosen career.



# Go To College or Get Hands-On Training

**On-the-Job Training:** This kind of training is provided for you by an employer. You learn while you work.

**Apprenticeships:** Apprenticeships are similar to on-the-job training but offer even more. Not only do you get paid while you learn, your employer covers the cost of additional classes that help you become a master in your field (called a journeyman).







# What To Know Before You Go!

Almost every college has services for people with disabilities. These services help “level the playing field” making what is taught accessible to all learners

## Helpful Hints:

High school and college are very different. The laws that protect students with disabilities change when you become an adult.

## Find Disability Service Offices in your community:

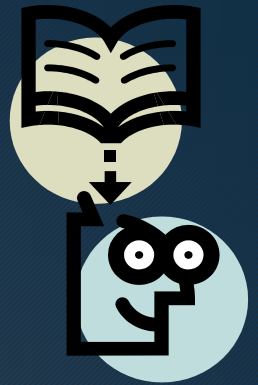
[https://secure.collegeincolorado.org/College Planning/Explore Schools/Direct to College Connections/Services for Students with Disabilities.aspx](https://secure.collegeincolorado.org/College%20Planning/Explore%20Schools/Direct%20to%20College%20Connections/Services%20for%20Students%20with%20Disabilities.aspx).





## More Helpful Tips

College students with disabilities are required to meet the same academic expectations as any other student. However, how they access learning materials (books, videos, etc.) and demonstrate what they know may be different. For example, a student with a disability may use a scribe (writing assistant) or get extra time for test taking.







## More Helpful Tips!

Accommodations you receive in high school may be different from those provided in college. It is recommended you set an appointment with the disability service office at the school you plan to attend during the summer before you begin your classes.





# Fun and Recreation!

When thinking about recreation identify your personal goals?

- What is fun: basketball, soccer, swimming, racket ball, lifting weights, yoga, walking, etc.
  - What activities interest you?
  - Why you want to get active?
- (Click on The Pictures)





# Helpful tips for fun and Recreation!



## Helpful Hints!

- Look at the programs offered
- Asks questions about the programs that interest you
- If you do not see a program you are interested in, ask if someone at the recreation centers knows where it's offered.
- Is there financial assistance available?





# Helpful Tips for Fun and Recreation!

- Is there financial assistance available?
- What are the program fees?
- Is there a financial assistance program?
- Is there a listing of programs (a catalog) somewhere?
- How does one register for a program?
- Are there disability programs available?
- Recreation professionals want to connect you to activities. They are there to help so ask as many questions as you want!







# Well Being!

- Negative thoughts and feelings of sadness, anxiety, anger, or loneliness, that interfere with a person's regular activities or responsibilities.
- Just like medical doctors that help people with physical illnesses like the flu or a broken bone, there are mental health professionals that can help people improve their mental health.
- These professionals include counselors, therapists, psychologists, psychiatrists, school counselors, and social workers.
- Colorado Office of Behavioral Health:  
<http://www.colorado.gov/cs/Satellite/CDHS-BehavioralHealth/CBON/1251578892077>
- Or call 303-866-7400





# Making Healthy Choices

YES! TAKE RISKS! But... TAKE SMART RISKS!

Scare tactics don't work. You need to know the benefits and costs of risks. Get educated and be smart!

Risky sex. Texting and driving. Dropping out. Money. Housing. Family. Bullying at school. Skipping meds. Self-injury. Suicidal thoughts. Unhealthy eating. Drinking. Drugs. Lying. Not thinking it through. Isolating.







# Making Healthy Choices



There are also positive risks not just the negative risky stuff!

Asking for help. Joining a sport team.  
Sticking up for yourself. Being assertive.  
Stop bullying. Challenge your peers  
negative behaviors.





# Other Well-Being Resources

## **Tip Sheets for Young Adults:**

<http://labs.umassmed.edu/transitionsRTC/Resources/publications/TipSheet6VR.pdf>

## **Pathways to Positive Futures:**

<http://www.pathwaysrtc.pdx.edu>

## **Young Adult Resources:**

<http://www.samhsa.gov/children/youngadult-home.asp>



# Suicide Prevention

Need Help? Contact  
the suicide  
prevention phone  
number:

**1 (800) 273 8255**



*A Special Thank  
you*

*Lauren Bauknecht-  
13 Yrs. Old  
(Who Made This  
PowerPoint!)*



*Written By:*

Robin Bauknecht-DVR



*Project Coordinated by  
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Chaired by:

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- Peter Pike



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