

## Getting ready to take charge

# Learning Checklist

Check off all the things that you would like to learn more about. Share this list with your family, friends, teachers, guidance counselor and therapists, so they can help you reach your goals.

<input type="checkbox"/> <b>I want to learn how to do more things for myself.</b>	
<input type="checkbox"/> Cooking <input type="checkbox"/> Asking/letting others know how to help me best <input type="checkbox"/> Getting around in my community (mobility or transportation)	<input type="checkbox"/> Cleaning and organizing my space <input type="checkbox"/> Doing laundry <input type="checkbox"/> Managing my money
<input type="checkbox"/> <b>I want to learn how to take care of myself and get along with others.</b>	
<input type="checkbox"/> Talking to others about things I enjoy and how I feel <input type="checkbox"/> How to make friends and develop other relationships <input type="checkbox"/> Learning more about healthy sexuality <input type="checkbox"/> Speaking up for myself and letting others know what I need <input type="checkbox"/> How to feel good about myself and think positively	<input type="checkbox"/> How to get along with family <input type="checkbox"/> Learning about safe dating and personal safety <input type="checkbox"/> Making decisions and solving problems <input type="checkbox"/> How to relax and feel less stressed <input type="checkbox"/> Finding people I trust who can help me cope and manage stress <input type="checkbox"/> Making healthy food and exercise choices
<input type="checkbox"/> <b>I want to find out about things to do in my spare time.</b>	
<input type="checkbox"/> Youth groups <input type="checkbox"/> Sports and fitness activities <input type="checkbox"/> Activity groups	<input type="checkbox"/> Using the internet <input type="checkbox"/> Hobbies and interests

<b><input type="checkbox"/> I want to learn about things I can do after high school.</b>	
<input type="checkbox"/> College or university	<input type="checkbox"/> Day programs in the community
<input type="checkbox"/> Volunteering	<input type="checkbox"/> How to apply for a job
<input type="checkbox"/> Choosing a job that would interest me	
<b><input type="checkbox"/> I want to learn about different places I could live.</b>	
<input type="checkbox"/> Attendant care services	<input type="checkbox"/> Accessible housing
<input type="checkbox"/> Living with people who will help me	
<b><input type="checkbox"/> I want to learn about funding I may be eligible to receive.</b>	
<input type="checkbox"/> Ontario Disability Support Program (income and employment support)	<input type="checkbox"/> Funding for accessible home renovations
<input type="checkbox"/> Ontario Works	<input type="checkbox"/> Funding for vehicle modifications
<input type="checkbox"/> Government tax credits	<input type="checkbox"/> Financial planning for the future
<b><input type="checkbox"/> I want to find out more about resources in my community.</b>	
<input type="checkbox"/> Ontario March of Dimes	<input type="checkbox"/> Attendant care
<input type="checkbox"/> Respite services (finding a place to stay for a few days)	<input type="checkbox"/> Community Care Access Centres (CCAC)
<input type="checkbox"/> CONTACT Hamilton	
<b><input type="checkbox"/> I want to learn more about my health and abilities.</b>	
<input type="checkbox"/> Finding a family doctor or specialist _____ (specify)	<input type="checkbox"/> Understanding my treatment and medications
<input type="checkbox"/> How to communicate important medical information to others	<input type="checkbox"/> Managing my own medical and/or therapy needs
<b>Other things I would like to learn:</b>	