

Life Skill Instruction Tip Sheet

All youth 14 and older must receive Life Skills Instruction as a component of Independent Living Services. The scope of instruction should be consistent with the Casey Life skills Assessment results and recommendations and provided in a developmentally appropriate manner.

1. **Hygiene, self-care, personal safety** (Information about hair care, dental care and reproductive health awareness/care. Resources related to obtaining health insurance and pertinent information related to health-related benefits. Assistance with identifying safe and supportive resources in the event of an emergency.)
2. **Legal/Permanency issues** (Registering to vote, obtaining a State ID, accessing legal representation, youth boards, self-advocacy and selective service registration for males.)
3. **Budgeting** (Creating a budget worksheet/expense diary. Assistance with developing strategies for paying bills and creating a monthly spending plan. Introduction to tools for saving money and planning for future expenses. Practical instruction on setting up a bank account; online banking and balance checking; and check writing/use of debit cards.)
4. **Building credit** (Understanding credit scores and how to read a credit report. How credit scores can impact the ability to make major purchases.)
5. **Nutrition and food preparation** (Healthy food preparation methods and basic cooking. Smart grocery shopping, food expiration and meal planning.)
6. **Interpersonal relationships and communication** (Knowing and understanding the concept of self-esteem. Understanding personal strengths and needs. Maintaining healthy relationships.)
7. **Time management and stress management/coping** (Developing techniques to effectively manage time, including making lists and prioritizing tasks. Relaxation techniques used to manage and cope with stress.)
8. **Extracurricular or recreational activities** (Identifying talents and interests and building on those.) Encouraging involvement with community, sports, and clubs. Offer youth opportunities for hands-on, action service learning; Taking a youth development approach to creating opportunities for youth, including such things as: Opportunities for youth to contribute, create and lead.
9. **Problem solving, decision-making** (Developing strategies to make good decisions, identifying differences between impulsive and thoughtful decisions.) Building internal and external assets are important to growth.
10. **Housing issues** (Locating safe and affordable housing options, tenant rights and housing assistance. Communicating with landlords/leasing managers.)
11. **Education issues** (Assistance with developing an appropriate education plan, completing secondary education and accessing resources for post-secondary or vocational programs.)
12. **Employment issues** (Development of good work habits and skills; self-confidence and presentation; resume writing; completion of job applications; identifying job opportunities and use of local employment assistance.)
13. **Available assistance from DCS** (Independent living wraparound funding as a resource to support the provisions of Independent living for eligible youth and young adults).
<http://www.tn.gov/youth/fostercare/ILServicesGrid.xlsx>