



Steps to Becoming Independent

By Miyah R. Sundermeyer



CENTER FOR
LEADERSHIP IN
DISABILITY



About Me...

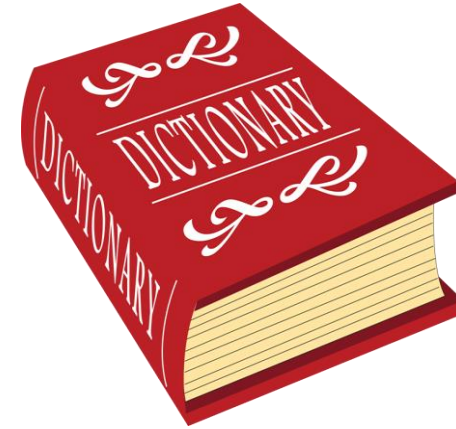


I wear four hats in society...

- Employed at Center for Leadership in Disability at Georgia State University
- Last year Undergraduate psychology student
- Homeowner in Local Atlanta area
- I am a self advocate with ASD/Asperger's Syndrome



What is Independence?



Definition:

noun

- Also, independency. the state or quality of being independent.- Obvious
- freedom from the control, influence, support, aid, or the like, of others-
- Archaic. a competency- Gets complicated



Dream

1. Owning your own place
2. Driving a car/take bus/Ride Uber or Lyft
3. Paying your own bills
4. Having a career
5. Traveling
6. Getting married
7. Starting Family

Live Happily Ever After...

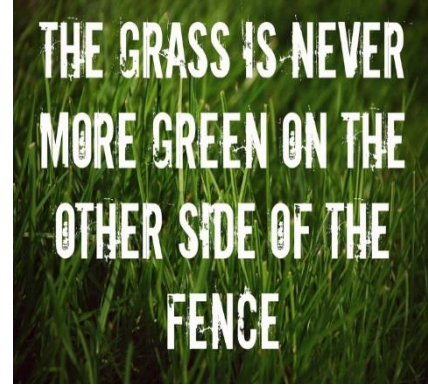


*If you can
—Dream it—
you can
Do it*

[Walt Disney]



Steps to Take Into Consideration



The grass is not so green on the other side of the fence...

Vlog: Hello World with Miyah Sundermeyer

<https://youtu.be/FHmJ5LTdfWE>

Solution:

1. Preparation

How? - By taking baby steps

When? Old children enough to take responsibilities



Temple's Big 12

- Independence training starts during Childhood
 1. Difference between bad behavior and meltdowns
 2. Learn manners
 3. Grooming
 4. Turn taking
 5. Learn the difference between rules at home and in school and in public
 6. Develop areas of strengths
 7. Expand interests that will turn into careers and employment opportunities
 8. Develop good work skills
 9. Try new thing
 10. Anger Management
 11. Limit television, computer and video games
 12. Learn Social Skills



AGGRESSIVE

All about

YOU

ASSERTIVE

PASSIVE

All about

OTHERS

Arman Khodeai 10 Steps



- Who's Arman?

Male Adult with Asperger's who has his own website for people with ASD next to running an adult support group

"Insights from an Autistic: Becoming Independent"

1. Build a support system
2. Focus on weaknesses and turn into strengths
3. Learn to Cook
4. Balance finances
5. Balance your money



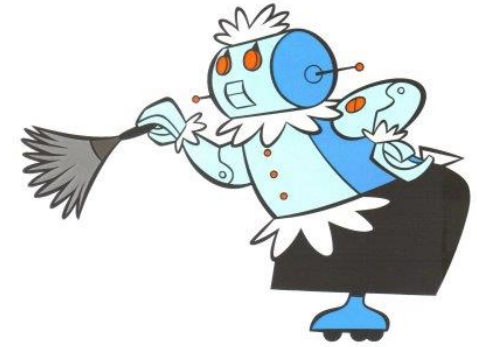


10 steps continued

- Become engaged with the community
- Figure out which transportation suits your needs
- Find ways to become assertive
- Eat and live healthy
- Follow your dreams and look through the wanted ads



Dream
Big!



My tips and advice

1. Parents or guardians need to encourage chores and create a structured schedule – Example: Clean floors Tuesday, bathroom on Wednesday – pay allowance
2. Taught how to use more advanced things like mowing the lawn, running a carpet cleaner
3. Encourage in meal preparation
4. When old enough, drop off at grocery store, drug store to pick up what they need



My Tips and Advice continued



Social skills play an important role

5. Have a set of networks ready in so child can get a position in employment

6. Encourage sleep overs during childhood years – used to being away from home.

7 Learn to select right roommates

- Interview at coffee shop or restaurant
- Seek common values
- Screen the roommate(s)- what are they looking for?

8. Have serious talks about critical issues with parents and mentors- police, sketchy people or situations



My tips concluded



9. Teach them to meal plan, buy proper groceries and cook
10. Lots of free mobile applications
11. Tons of mobile apps: Yummily, Picnic
12. Encourage adolescents to get involved in special interest groups and the community.
13. Direct them to invest in people who are interested and willing to understand that aren't patronizing
14. Instruct and encourage to help with bills, gas
15. Show them how to use a checking account –



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