

Doing What You Want to do as Your Own Self-Advocate

By Eric Matthes – The Arc of King County

Intro

What does it mean to live in the community independently?

Safety

15 minutes

Responsible budgeting

Building the relationship with property manager

15 minutes

Safety in home/ apartment

Steps cleaning your space

Healthy independent meal preparation

Do's and don'ts of Laundry

15 minutes

Q&A



012



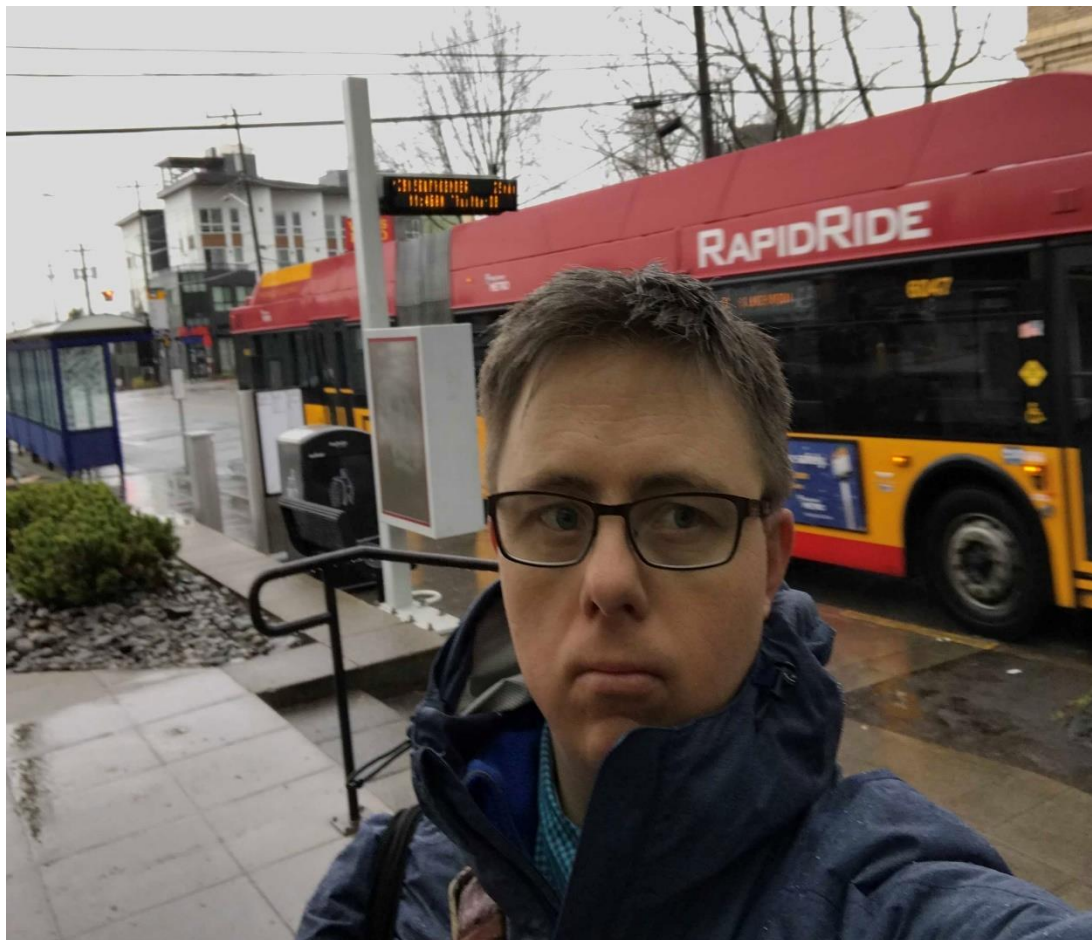
The top photos are making a bed the bottom photos is one of Breakfast smoothie's



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Meal preparation







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Meal preparation



