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 s of Laundry
15 minutes

Q&A
The top photos are making a bed the bottom photos is one of Breakfast smoothie’s
Meal preparation
Meal preparation