



**EVOLIBRI**

Neurodiversity &  
Career Counseling

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## ***Crash-Course in Independent Living – EvoLibri’s Boot Camp!***

Come join us for a ***fun and instructive*** two-week session of boot camp offered June 15-June 26 and again on August 31-September 11, and learn the basic survival skills ***all*** young adults, ages 17+, need to live independently:

- ◆ **Food preparation:** meal planning, nutrition, shopping, cooking and entertaining
- ◆ **Basic personal care:** hygiene and personal grooming, clothes shopping, making (and keeping!) appointments, personal safety
- ◆ **Basic housekeeping:** laundry, cleaning, organizing, gardening, basic maintenance
- ◆ **Basic independence:** making phone calls, using a calendar, banking, making (and sticking to!) a budget, paying bills
- ◆ **Advanced personal care:** self-advocacy, health maintenance, illness, emergencies, socializing and dating, birth control/STD avoidance, drugs and alcohol, the law
- ◆ **Housing:** rentals vs. leases, roommates or not, establishing boundaries and safety

This fun-filled crash course will be held Monday-Friday, 10-4 pm for two weeks, and will culminate on the last Friday in a party for friends and family. This is an experiential course, combining instruction with hands-on practice with peers. Most days, some of the course work will be in a private home with one instructor/counselor and one assistant and some of it will be in stores, banks, shopping malls, etc. ***Each student is expected to fully participate in each activity so as to get first hand experience in each area.***

At the end of the two weeks, each participant will have a completed, customized Independent Living Skills reference binder, with information, checklists, forms, contacts and resources to be used as s/he goes out in the world alone, as well as a Tote Box filled with the essentials for independent living.

**Cost:** \$2200 per student, which covers all pre- and post-assessments, final report on student’s progress and ongoing needs, instruction, food, supplies, materials and transportation, graduation party for friends and family and one family dinner made by your student delivered to your home!

**Enrollment is limited to SEVEN participants per session. Please call for more information!**

## Sample Crash Course Syllabus

Note that the syllabus is flexible enough to accommodate for varying levels of functionality – so if the participants are stronger in one area, and weaker in another, the curriculum will be modified to accommodate this. The goal is to develop a fundamental knowledge of the various aspects of independent living to kickstart the ongoing learning process of ‘how to be a successful adult’!

Day 1	AM	<ol style="list-style-type: none"> <li>1. <b>Introductions.</b> Assemble, introduce ourselves, go over syllabus, icebreaker.</li> <li>2. Hand out Independence Binders and assemble.</li> <li>3. Hand out personal tote boxes, explain what will be in them by end of course.</li> <li>4. Nutrition, stocking, shopping lesson (in binder).</li> <li>5. Review weekly lunch and dinner recipes, and create comprehensive shopping plan.</li> <li>6. Prepare/eat lunch.</li> </ol>	
	PM	<ol style="list-style-type: none"> <li>1. <b>The Well-stocked Kitchen Lesson.</b></li> <li>2. Brainstorm and fill out <i>Kitchen Pantry Checklist</i>. Add to binder.</li> <li>3. Trip to <b>Trader Joe’s</b> – shop for the week!</li> <li>4. Add personal pantry items to Tote Boxes.</li> <li>5. Kitchen basics lesson – hands’ on.</li> <li>6. Prepare dinner.</li> </ol>	
Day 2	AM	<ol style="list-style-type: none"> <li>1. <b>Calendaring and Organizational Lesson.</b> Discuss organizational strategies, and why they are important. Based on Myers-Briggs personality types, discuss what sort of organization comes naturally to us.</li> <li>2. Introduction to electronic organization.</li> <li>3. Prepare/eat lunch.</li> </ol>	Bring laptops and cellphones or PDAs!
	PM	<ol style="list-style-type: none"> <li>1. <b>Organization Lesson Plan.</b></li> <li>2. Group tutorial</li> <li>3. Add all upcoming dates.</li> <li>4. Mini lesson in time management skills.</li> <li>5. Prepare dinner.</li> </ol>	
Day 3	AM	<ol style="list-style-type: none"> <li>1. <b>Personal Safety Lesson.</b> Discuss self-care and insurance, fill out <i>Medical Information Sheet</i> (in binder).</li> <li>2. Go over basic emergency preparedness information, fill out <i>Emergency Worksheet</i> (in binder)</li> <li>3. <b>The Law Lesson.</b> The hows and whys young adults get into trouble with the law, and how to avoid it. What to do if you are suspected of breaking the law or if you do break the law, whether you get caught or not.</li> <li>4. Add First Aid Kit and fire extinguisher to Tote Box.</li> <li>5. Prepare/eat lunch.</li> </ol>	