Too often we give children answers to remember rather than problems to solve. ~Roger Lewin

What you must accept as a parent is that you cannot always be there for your child without sometimes ruining everything. ~Robert Brault

Important points:

- Independence versus interdependence
- Having a conversation between you and your young adult
- Listen to their living goals no matter how outlandish they are (creative thinking)
- Talk about what supports are needed to make your young adult successful
- List the possible options of living arrangements
- Living arrangements are fluid and change with life events
- Remember your young adult with a disability is a person first
- Help your young adult to solve problem and do not solve problems for them
- A failure is an opportunity to learn on how to get back on your feet and try again
- It is not always going to look pretty

Strategies:

- Goal setting with steps that everyone is clear about and are achievable
- Simulation of living alone
- Develop a back up plan and practice it
- Visit different living arrangements
- Talk to people who live independently
- Visit your local Independent Living Center and have your young adult talk a peer specialist

Terms you may hear when exploring living arrangement options:

- Group homes
- Sponsored residential
- Rent
- Own
- Shared apartments
- Supported apartments