

ILSP Cheat Sheet

Independent Living Skills Program

Pillars of INFORMATION/SUPPORT

- **Education** (exploring options, scholarships, support with registration)
- **Employment** (identifying interests, resume and interview skills building, soft skills, money management)
- **Housing** (ABI 2, THP, home management, getting along with roommates)
- **Well-Being** (cooking classes, self-care, wellness tools, healthy relationships)

Ways of Working with ILSP

- **Life Skills Classes and Workshops**
 - Education, Employment, Housing, and Overall Well-being
- **One on One Support**
 - Education, Employment, Housing, and Overall Well-being
 - Referral to and Collaboration with Community Resources
- **Advocacy**
 - With SW's, with CASA's, with School, with policy makers (CYO)
- **Events and Activities**
 - Fall retreat, Winter networking event, Recognition Dinner
 - Senior Workshops (senior kick-off, FAFSA workshop, senior photos)
 - Outings (Giant's and Warriors games, Waterworld)
 - Outdoor overnight trips (Yosemite, whitewater rafting, sea kayaking)