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Successful Adulthood Program

Coordinated by  
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OUTREACH  
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for Youth Services

## 50 THINGS YOU CAN DO TO HELP SOMEONE GET READY FOR A SUCCESSFUL ADULTHOOD

1. Help them get an original copy of their birth certificate.
2. Line them up with a good counselor.
3. Buy them an alarm clock and teach them how to use it.
4. Teach them how to cook five good meals.
5. Role play contacts with police, bank tellers, doctors and others.
6. Teach them how to do their taxes.
7. Enroll them in a school program in which they can succeed.
8. Teach them how to store food.
9. Line them up with a dentist they can continue to use.
10. Help them find a better paying job.
11. Find out if they are eligible for a Medicaid card.
12. Help them get copies of medical records.
13. Help them understand a lease or rental agreement.
14. Connect them with a church group.
15. Teach them how to use the bus system and read the bus schedule.
16. Help them get a picture identification card.
17. Help them renew contact with family members.
18. Help them develop at least one friendship.
19. Start a "Life Book" that will contain important papers.
20. Take them to join a local recreation center.
21. Take them to a session of adult court, traffic and criminal.
22. Teach them how to write and cash a check.
23. Show them the best place to shop for food, clothing and furniture.
24. Help them learn how to look up resources in their community.
25. Teach them how to use an oven and microwave.
26. Tell them how to get a lawyer and when to get one.
27. Help them get a social security card.
28. Help them develop good phone communication skills.
29. Teach them how to read a map.
30. Talk to them about their feelings about going out on their own.
31. Go over tenant and landlord rights.
32. Teach them how to thoroughly clean a kitchen and bathroom.
33. Make a list of important phone numbers.
34. Show them how to use the library and get a library card.
35. Take them on a tour of the city.
36. Line them up with a doctor they can use when they are on their own.
37. Teach them how to read a paycheck stub.
38. Help them find and get along with a potential roommate.
39. Help them get copies of medical records.
40. Help them develop their Plan for My Future.
41. Role play several different styles of job interviews.
42. Help them put together a resume and an application fact sheet.
43. Teach them how to use coupons and comparison shop.
44. Make sure they really understand birth control.
45. Help them find a safe, inexpensive place to live.
46. Teach them some new ways how to have fun.
47. Teach them how to budget their money.
48. Help them get a driver's license and price insurance.
49. Teach them how to write a letter and mail it.
50. Help them put together a family scrapbook.