

Meet Jayla

1 Hey, I'm Jayla. I'm 26, and I have an intellectual disability.

2 I currently live with my older sister, but we have both decided it's time to start looking into housing options so I can live more independently and be closer to my job.

3 I know I need to work on my life skills to make the transition easier.

4 So, my sister is helping me practice budgeting, shopping, and cooking.

5 My favorite dish I've made so far is Tater tot casserole. It's so good!

6 I've also been taking on more responsibilities at home, like washing dishes and cleaning the bathrooms.

Chores

- Clean dishes
- Clean bathroom
- Vacuum
- Take out the trash

7 Every day, I use a chore checklist so that my sister doesn't have to remind me.

8 My sister is a little concerned about my safety when I move out. So, we're looking into options for technology that I can use to stay safe and take care of myself.

9 Like a device that turns off my oven if I forget,

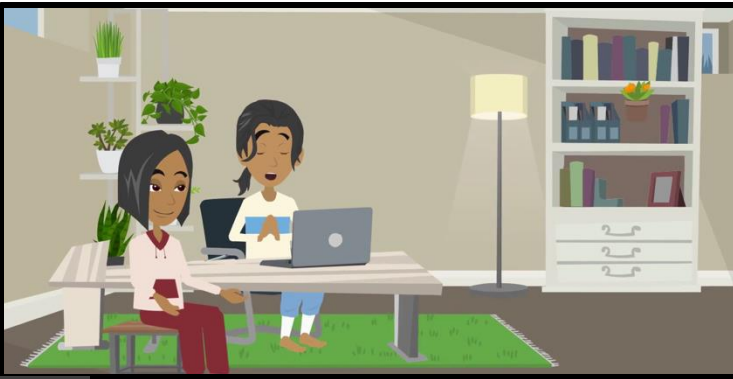
10 a doorbell camera,

11 and a voice assistant device to give me reminders.

12 I am working with the trusted adults in my life to explore my housing options.

13 My case manager is helping me figure out what services I will need, and guiding me through the applications for different housing programs. She is also helping me apply for programs that can help me pay for rent.

14 On WorkTogetherNC.com, there is a lot of information about different living arrangements, such as group homes, living with roommates, and more.



- 15 My sister, case manager, and I are using this information to decide which options are best for me.



- 16 With all these steps, I know I can successfully move into a new place and get the support I need. I'm excited to cook & hang out with friends in a space of my own!

THE END