

**Activities of Daily Living Skills:** Hygiene, Money Management, Home Management

Resource	Cost (subject to change)	Delivery/Link
National Rehabilitation Information Center: The Life Skills Manual; Strategies for Maintaining Residential Stability	Free	<a href="https://www.naric.com/?q=en/content/order-life-skills-manual">https://www.naric.com/?q=en/content/order-life-skills-manual</a>
Project Life: Youth Skills for Life Curriculum	Free	<a href="https://www.vaprojectlife.org/for-professionals/youth-skills-for-life-curriculum-3/">https://www.vaprojectlife.org/for-professionals/youth-skills-for-life-curriculum-3/</a>
Providers Guide to Case Life Skills	Free: registration required	<a href="https://caseylifeskills.secure.force.com/clsa_learn_provider">https://caseylifeskills.secure.force.com/clsa_learn_provider</a>
NEW: Nutrition Education for Wellness	Free	<a href="https://www.ctahr.hawaii.edu/new/resources.htm">https://www.ctahr.hawaii.edu/new/resources.htm</a>
Adolescent Health Library	Free	<a href="https://www.hhs.gov/ash/oah/resources-and-training/adolescent-health-library/index.html">https://www.hhs.gov/ash/oah/resources-and-training/adolescent-health-library/index.html</a>
Insight and Outlook: Life Skills	Varied	<a href="http://www.insightandoutlook.com/lis.php">http://www.insightandoutlook.com/lis.php</a>
Transitioning to Independence: Life Skill Training/support materials	Free	<a href="https://www.itsmymove.org/training_resources_lifeskills.php">https://www.itsmymove.org/training_resources_lifeskills.php</a>
Home and Self Care: A Life Skills Study - Boston University	Free	<a href="https://www.naric.com/?q=en/content/order-life-skills-manual">https://www.naric.com/?q=en/content/order-life-skills-manual</a>
Project Life: Youth Skills for Life Curriculum	Free	<a href="https://www.vaprojectlife.org/for-professionals/youth-skills-for-life-curriculum-3/">https://www.vaprojectlife.org/for-professionals/youth-skills-for-life-curriculum-3/</a>
Practical Money Skills	Free	<a href="http://www.practicalmoneyskills.com/">http://www.practicalmoneyskills.com/</a>
IRS	Free	<a href="https://apps.irs.gov/app/understandingTaxes/index.jsp">https://apps.irs.gov/app/understandingTaxes/index.jsp</a>
College of Colorado: Money 101	Free	<a href="https://www.cicmoney101.org/">https://www.cicmoney101.org/</a>
Casey Life Skills	Free	<a href="https://caseylifeskills.secure.force.com/clsa_learn_provider">https://caseylifeskills.secure.force.com/clsa_learn_provider</a>
Los Angeles County Department of Mental Health: Life Skills Support Group Curriculum	Free	<a href="http://www.file.lacounty.gov/SDSInter/dmh/171974_LifeSkillsFinal3-18-08.pdf">http://www.file.lacounty.gov/SDSInter/dmh/171974_LifeSkillsFinal3-18-08.pdf</a>

A New Life Freedom Life Skills Curriculum	Cost varies	<a href="http://www.insightandoutlook.com/lis.php">http://www.insightandoutlook.com/lis.php</a>
Daily Living Skills	\$49.95	<a href="http://dailylivingskills.com/">http://dailylivingskills.com/</a>
It's My Move: Life Skills Training/Support Materials	Free	<a href="https://www.itsmymove.org/training_resources_lifeskills.php">https://www.itsmymove.org/training_resources_lifeskills.php</a>
Teachers Pay Teachers	Free	<a href="https://www.teacherspayteachers.com/Browse/PreK-12-Subject-Area/Life-Skills/Price-Range/Free/Grade-Level/Adult-Education/Type-of-Resource/Worksheets">https://www.teacherspayteachers.com/Browse/PreK-12-Subject-Area/Life-Skills/Price-Range/Free/Grade-Level/Adult-Education/Type-of-Resource/Worksheets</a>
Casey Life Skills: Resources to Inspire Guide	Free	<a href="http://www.casey.org/cls/resourceguides/ResourcestoInspire.docx">http://www.casey.org/cls/resourceguides/ResourcestoInspire.docx</a>