**Navigating Through Life: Moving Away from Home**

**Independence and Finding A Place to Live**

* Some people get their parents to help them through life but once they move out and become independent they realize they do not need their parents. They have gained self-confidence.
* Moving away from home can be scary, learn from it, do not be afraid to take steps that you have never taken before.
* Moving away from home to go to college or a training program gives you the freedom to be independent and find a job.
* When you live on your own, it becomes your responsibility to clean and cook for yourself.
* Some things are going to be difficult, but learning to do things on your own, and not having people to depend on makes you more independent. It is worth it in the end. Like learning to save money for emergencies.
* Learn how to fix something when it breaks so you do not have to pay someone else.
* Youth need to know what to do and how to take care of themselves.
* Youth talk to their families about moving out.
* It can be nerve-racking living on your own. Ask for help to keep track of things.
* To be independent you have to learn to take care of yourself to get through life on your own.
* Moving away from home is a rewarding experience, so take advantage, if you have the opportunity.

**Paying Rent**

* There are many different options in college to help pay rent. This includes grants, loans, family support, a part-time job, or getting a roommate to help contribute.
* Paying rent can be challenging especially during emergency situations.
* When moving out youth think it is an exciting time to learn new things, but it can be challenging, like going grocery shopping.
* Grocery shopping is hard especially when you are not sure how many supplies you need.

**Roommates**

* Make sure to buy the things you need before the things you want. Think about what your needs are and what you want. Then start saving your money.
* Some people budget better by just using cash, while others do better with a card. It is a

personal preference as to what works best for you.

* There are many different ways to budget, but it is important to put money into savings AND pay your expenses.
* Some people put money into savings first. Others put money into expenses first and then into savings. Some people budget by only spending money

when they must.

* Make sure to spend money on what you need such as food and clothes.
* Save as much money as you can whenever you can.
* Remember, money in, money out

**Resources**

[**My Money**](https://www.mymoney.gov/for-youth)

[**Budgeting for Teens**](https://www.moneyunder30.com/budgeting-for-teens)

[**United Way**](https://www.yourunitedway.org/program/financial-well-being/)

[**ABLE Accounts**](https://www.ablenow.com/)

Info Sheets were developed through interviews with young people with disabilities as part of the Inclusion Project.

**VCU, School of Education, Partnership for People with Disabilities**

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