

Questions to ask yourself

Here are a few questions to ask yourself as you begin your time with the TAY-ILP Program. These questions can be good skills to work with Peer Mentors and Skills Trainers on, Potential skills will be in **Bold**.

- Do I know how to **make a doctors appointment**?
- Do I know how to **use local public transit**?
- Have I **applied for food stamps**?
- Do I know how to **communicate with my care team**?
- Do I know **how to do a job interview**?
- What **counts as productive hours**?
- Where can I **buy groceries** near my home?
- How do I **communicate with my roommates**?
- How do I **access cleaning supplies**?
- How do I **get to my doctors appointment**?
- Do I **know the rules of my lease**?
- What do I **do if my care team doesn't respond to me**?