



Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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Soap, Suds, and Success!

Watch this short video to learn each step you need to get your clothes clean and smelling fresh—so you can get out the door feeling confident!



For Awesome Resources!

Hot Days, Cool Skills: Learning Independence This Summer

Summertime is finally here, and it's time to put those schoolbooks away! But that doesn't mean we should spend all day playing video games or scrolling through TikTok. Summer is the perfect time to build the skills that will help us succeed in life. Let's use this time to grow, learn, and get ready for the future!

Make a plan this summer to start working on the skills you'll need to live independently after high school. Try learning how to do the laundry, or choose one night a week to cook dinner for your family. Head to the grocery store, create a shopping list, set a budget, and see what you can buy.

If you love being outside, find out what activities are happening in your community. Join a walking group, visit the local library, or attend a free event. These experiences can help you build confidence and make new connections with people who might support your goals.

The options, just like the sunshine, are limitless!

Question: *I'm really bored this summer. What are some things I can do that are fun but also help me get ready to be more independent??* **Student - age 14**

Answer: That's a great question and it's awesome that you're thinking about using your summer to learn and grow! One idea is to start building your own **independent living plan**. That just means making a list of skills you want to learn that will help you in the future.
Start by thinking about everyday things like doing laundry, cooking a simple meal, or creating a grocery list and going shopping. You can even ask your family to teach you how to fix something around the house, like changing a lightbulb or unclogging a sink. These skills are super useful, and learning them now will make things easier later. The more you practice doing things on your own, the more ready you'll be for high school, a job, or even living on your own one day. Use this summer to try something new—you might surprise yourself!



Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

From Pantry to Paper: Making Your Grocery List

Grocery shopping can feel overwhelming and that is okay! You can always start small by picking just one or two items to shop for. Taking the time to plan your trip ahead of time is a smart way to walk in feeling confident and prepared.

Try using one of the helpful KY-SPIN grocery planning tools to make sure you get the food you need and avoid waste by skipping the things you don't!



GROCERY SHOPPING CHECKLIST

1 FOOD/SUPPLIES ON HAND

- ☐ I have _____ meals on hand
- ☐ I need _____ meals this shopping trip
- ☐ I have made a menu plan for the meals I have
- ☐ I have added the meals I want to have to my menu
- ☐ I made a shopping list
- ☐ I have added needed toiletries to my shopping list
- ☐ I have added needed household supplies to my shopping list

2 EXPIRED FOOD

- ☐ I have checked the expiration dates of the food I have on hand

3 BUDGET/PAYMENT

- ☐ I have a grocery budget: \$ _____
- ☐ I know how I will pay for my groceries
- ☐ I will use cash to pay for my groceries
- ☐ I will use SNAP benefits (EBT card) to pay for groceries
- ☐ I will use my debit card to pay for groceries
- ☐ I will use a gift card to pay for groceries

4 WHEN & WHERE TO SHOP

- ☐ I have decided when to go shopping
- ☐ I will shop online
- ☐ I will shop in-store
- ☐ I know which store I will be going to
- ☐ I know how I will get to the store
- ☐ I know how I will get home from the store

5 PUTTING AWAY GROCERIES

- ☐ I have all of my frozen items in the freezer
- ☐ I have all of my refrigerated items in the refrigerator
- ☐ I have put my new grocery items behind the items I already had (rotating stock)
- ☐ I have organized and straightened my items



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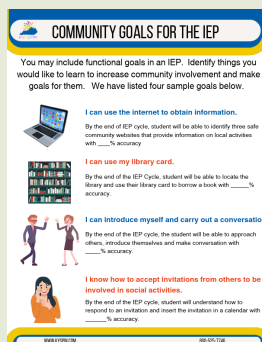
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Helpful Community Resources

You might find these additional resources helpful when you decide to start working on your independent living skills.

And don't forget, [KY-SPIN](#) is always around to help you find the resources you need in your community!



Get Prepared!


School might be out for the summer, but planning for your future never takes a break! Now is a great time to think about how your school can support you in getting ready for independent living. Your IEP (Individualized Education Program) can include goals that help you build the skills you'll need for a job, more schooling, or life on your own.

Take some time this summer to reflect on your future. What skills do you want to learn? What goals could help you feel more confident and independent? If you think of something important to add, talk with your family and consider asking for an ARC (Admissions and Release Committee) meeting in the fall.

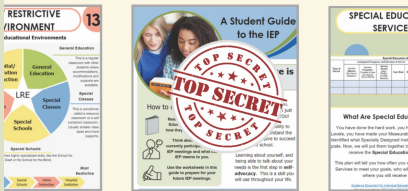
KY-SPIN has lots of examples of IEP goals on our website that can help you get started.

There's a lot to think about before heading to the grocery store. Knowing what food and essentials you need is just one part of the plan. Watch this video to learn about the First In, First Out principle, how to plan your grocery trip, and how to make smart food choices that save money and reduce waste.





The Secret is Out!!!



Have you ever wanted an easy to read guide to Individualized Education Programs? Would you like worksheets and vocabulary to help you prepare for meetings and better understand your role in the ARC?

The wait is almost over! [Click here](#) to request a copy of our new fully accessible IEP guide for Youth, and you'll receive it via email as soon as it is released.

Youth Guide to the IEP

We are currently finishing up editing this highly anticipated resource. Sign up so we can send it straight to your inbox before its public release.



If you need someone to talk to...

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)

Learn more about us [KY-SPIN Infographic](#)
REQUEST ASSISTANCE OR MAKE A REFERRAL
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