

CCHS INDEPENDENCE CHECKLIST

1. HOME LIFE

- If I live alone, I check in regularly with someone who knows my medical needs.
- If my electricity goes out, I have a generator or know where to go to get electricity.
- I know how to make simple repairs and I know who to call when I need something big fixed.
- I know how to do my own laundry, how to wash dishes, and I actually do these things.
- I know how to properly clean and maintain my medical equipment
- I can bathe, shave, and dress myself

2. OUTSIDE THE HOME

- I have at least one source of income
- I have reliable transportation
- I know the nearest grocery store, laundromat, clothing store, and can reliably get to these places
- If I have a job, that job has adequate pay and benefits. My supervisor/HR/staff know about my medical issues.
- I can make a grocery list and make healthy food choices.
- I have places and people that can help me if I need a favor or if I need community resources.
- I have friends and hobbies that make me happy.

3. MONEY

- I can make a budget and stick to it.
- I have a plan to save money and accumulate more savings.
- I have medical insurance or I am trying to get medical insurance.
- I know how much I get paid and when I get paid.
- I keep track of when my bills are due.
- I know how much my bills are each month.
- If I get benefits like SSI or SSDI, I know how much those amount to and when they are deposited in my bank account

4. MEDICAL ISSUES AND SAFETY

- I have all the medical equipment I need.
- My medical equipment works and is in good condition.
- If I need to buy medical supplies I know how to do that and where to buy from.
- I know my equipment settings and how to change them if I have to.
- In the event of a blackout I have a generator or a place I can go to use a generator.
- My home has electrical outlets which are in good condition and which are grounded.
- I know what to do when I feel sleepy or ill.
- I can schedule my own medical appointments.
- I can get to my own medical appointments.
- My doctors know about CCHS issues and CCHS care
- I have a way to communicate with my doctors.