

The D120 Transition Center defines Independent Living Skills as the abilities that support successful, independent functioning in adulthood. Beginning at each participant's current level of independence, the focus is on building the skills needed to meet individual goals and needs. Participants are empowered to make informed choices, develop self-direction, and take an active role in shaping their lives while meaningfully engaging in their communities.

- Kitchen/Cooking skills
- Healthy living
- Budgeting/money management
- Self-Care
- Community navigation
- Advocacy
- Social skills
- Executive Functioning Skills