

5 FAST FACTS

How Independent Living Skills Impact Career Readiness for Students with Disabilities

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Independent living skills refer to a broad array of skills needed to be self-sufficient at home and in the community.

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Compared to peers without disabilities, students with Individualized Education Programs (IEPs) report having lower levels of independent living skills.

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Students with greater independent living skills are more likely to obtain paid employment after high school.

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All students can benefit from intentional teaching and repeated practice of independent living skills as a means to build career readiness.

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Some independent living skills are strongly associated with maintaining long-term employment including personal care, hygiene, meal preparation, and housekeeping.

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