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Self-Sufficiency

Self-sufficiency is the ability for young people to draw upon and utilize knowledge, skills and available resources in order to live successfully within the social environment. Building personal and interpersonal resources as well as overcoming barriers is a fundamental requirement. Continuing to make informed, effective life choices with regard to housing and other daily living needs contributes to a healthy lifestyle and a successful transition into adulthood.

SELF-SUFFICIENCY

Self-sufficiency is defined as one’s ability to draw upon and utilize knowledge, skills and resources in order to live independently in the social environment. The ability to become self-sufficient is dependent on the extent to which an individual builds personal as well as interpersonal resources.

Personal Resources

Personal resources include such things as education, employment, income, transportation, housing, etc.

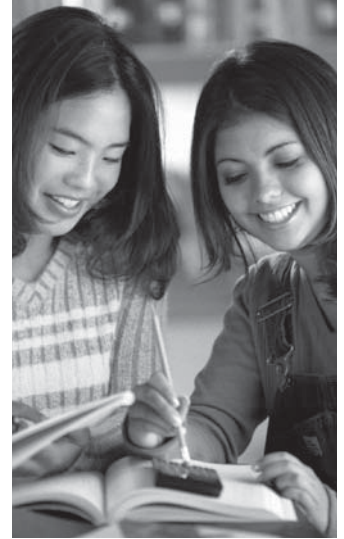
Interpersonal Resources

Interpersonal resources include the ability to establish and maintain positive, supportive relationships with family, friends, co-workers and neighbors.

Barriers to Self-Sufficiency

Things that interfere with self-sufficiency are referred to as barriers. Self-sufficiency barriers include each of the following.

- Inadequate or faulty preparation and training which results in insufficient knowledge, skills and personal resources.
- Inadequate social learning or practice experiences and available role models.
- Inadequate or non-existent supportive people resources.
- Substance abuse, mental health and physical health problems.



Do any of the aforementioned barriers apply to you?

Evaluate the list of self-sufficiency barriers outlined above. In the space provided below, develop a plan for overcoming each listed barrier. As you move forward in the process of building personal and interpersonal resources, continue to evaluate barriers and develop and implement strategies to overcome them.



Transportation, A Necessary Personal Resource

Having reliable transportation is one of the most important personal resources in modern society.

Living in a community that does not offer a widely accessible public transportation system presents some unique challenges for individuals who do not own their own automobile or who do not have an alternate means of reliable transportation.

Imagine you are living on your own. The car you purchased three months ago is no longer working and you do not have the money to make the needed repairs. You must get to work on Monday or you will lose your job. Your shift starts at 6:00 p.m. and ends at 2:30 a.m. five days per week.

Explore transportation options in your area and develop a transportation plan. Include a back-up plan for emergencies.

***Getting a
driver's license
is a privilege
not a right.***

Transportation Options

- Own your own car and drive yourself
- Rideshare with someone who has a car
- Utilize public transit options
- Utilize the local bus service
- Utilize a taxi cab service
- Utilize commuter train routes
- Ride a bike
- Walk

Owning Your Own Car

One of the more exciting aspects of becoming an adult is having the ability to own a car and drive. Most young people find that they enjoy the sense of freedom and adult responsibility that comes with this privilege. Owning a car and driving requires the following.

- A driver's license
- Income to purchase a car
- Income to pay for car insurance
- Income to pay for gasoline
- Income to pay for car maintenance and car repairs

***Know the
terms of your
warranty
agreement.***

Rideshare

Ridesharing is an excellent means of transportation for individuals who do not own their own car. Ridesharing requires finding someone willing to take you to the places you need to go. Many young people are reluctant to utilize this transportation option because they don't want to feel dependent on others and because it is sometimes awkward to ask someone for a ride.

Ridesharing typically involves paying the transporter a fee for providing the driving assistance. The fee is negotiated between the ride provider and the rider. Offering reimbursement for gasoline expenses and car maintenance increases the likelihood that the rideshare provider will be receptive.

Public Transit

Public transit includes buses, trains, trams and rapid transit systems such as metro, subways and underground rail systems. It includes all modes for shared passenger transportation which is available for use by the general public. Public transit is different from rideshare and taxicab in that those modes of transportation are not shared without private arrangement.

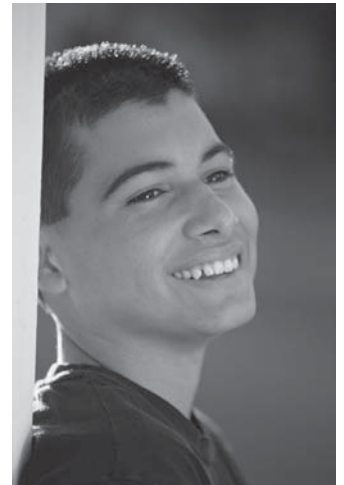
Public transit systems are becoming increasingly available. Many large metropolitan cities have a number of public transit options available while small rural areas typically have fewer public transit options. Public transit systems run on a scheduled timetable with the most frequent services running to the large areas of business and industry. Public transit services are usually funded by fares charged to each passenger.

Taxi Service

A taxi service offers transportation assistance. There are advantages to a taxi service as well as at least one major disadvantage. The biggest advantages are accessibility and convenience. The biggest disadvantage is the cost. A short trip of 3 miles can cost as much as \$15.00 and that does not include the cost for the return trip.

Bicycling and Walking

In modern society we have become accustomed to getting around in cars. This is by far the most sought after option by most people. Do not forget that a bicycle in good working order or your own two feet do serve as a viable means of transportation when other options do not exist. Safety needs to be evaluated when considering bicycling or walking as an option.



*Build positive
supportive
interpersonal
relationships.*

