



Independent Living

Independent Living and Community Training

ASTEP partners with the College of Education & Health Sciences practicum students or ASTEP peer mentors to teach and enhance individual independent living skills. Based on their person-center planning goals, students practice using public transportation, going grocery shopping, preparing meals, cooking meals, doing laundry, cleaning, budgeting, or banking.

Transportation

Transportation is important for access to community activities and services, shopping and employment. Transportation options used by ASTEP students include: family, Souris Basin Transportation, Minot City Bus, Uber/Lyft, peer mentors, friends, or obtaining their own drivers license and car.

