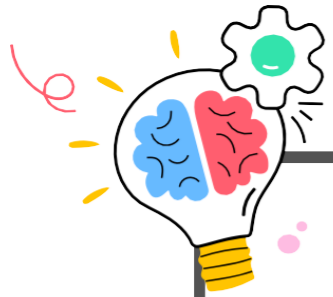


Independent Living and Community Training

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-centered 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 driver's license and car.



INDEPENDENT LIVING SKILLS

