

ACCESSIBLE COLLEGE

Preparing for College: Developing Independent Living and Executive Function Skills

WHAT IS EXECUTIVE FUNCTION?

A set of cognitive processes and mental skills that help an individual plan, monitor, and successfully execute their goals

WHAT ARE SOME EXECUTIVE FUNCTION CHALLENGES FOR STUDENTS?

• Medication Management Challenges

Students will be responsible for the management of their own medication. They need to know the logistics of their medication including: where the pharmacy is located near campus; do they receive their medications by mail; do they need a fridge for their medications; how are refills handled if the prescribing physician is in another state; do they have access to and know how to use Telehealth. Begin early teaching your student about their medication, how to order refills, and staying on schedule. . . pill packs and reminder alarms are helpful tools.

• Time Management Challenges

Students have a looser schedule with more free time. They should use time wisely and create a study schedule and learn to balance study with fun activities and chores. To help with time management students may find using a planner, wall calendar, white board, post its, apps and setting alerts on Google Calendar helpful.



RESOURCES

- www.AccessibleCollege.com
- www.LighthouseGuidance.co
- <https://accessiblecollege.com/blog-2/>
- Facebook Group – College Success: Physical Disabilities, Chronic Health & Mental Health

• Transportation Challenges

Independent travel includes buses, ride share, campus shuttles, navigating campus and classrooms; and getting to and from campus and home. By practicing the use of buses, planes and shuttles students will be comfortable with different types of transportation available to them.

• Independent Living Challenges

Independent living skills such as shopping, doing laundry, handling finances and maintaining a budget are important skills. These skills are mastered by practice, practice and more practice. Students can learn skills early by making a shopping list; getting to the store; preparing food and following a recipe; doing laundry; going to the bank and opening a savings/checking account; using the ATM; and using Venmo/Zelle.



Connect with resources to help guide you through this journey

☎ 1-833-PTC-HOPE (1-833-782-4673), or in Spanish 1-833-PTC-VIDA (1-833-782-8432)

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