

## HOME ORIENTATION

1. Lights – how to work them. Show different rooms
2. Door – how to lock it and unlock it – test this knowledge. Explain safety in keeping door locked. What to do if you get locked out?
  - a. Get family duplicate keys and give to all adults or teens
3. Review Landlord information. How to call him/ her. What do they do? What can they fix?
4. Thermostat – how to turn it down and up.
5. Using the phone / cell phone. How to call 911 – this is only for a bad emergency!
6. How to call the Case Manager. Practice leaving a message.
7. How to use the stove. Keeping children’s fingers and hands safe.
8. Water – what is hot and cold. How to turn on Shower safely. That all water in faucets is safe to drink – demonstrate.
9. Toilets – that toilet paper should be used and thrown in the toilet NOT the waste basket.
10. Where to dump the garbage—outside dumpster. Need to keep garbage under a sink or covered. Dump frequently.
11. How to wash dishes/ use dishwasher
12. What food to store in the refrigerator
13. How to sweep and vacuum house and clean surfaces
  - a. May need to take to Salvation Army etc to find vacuum cleaner – we try to give them when we can.
14. How to clean bathrooms
15. How to make beds and keep clothes put away.
16. Being a good neighbor – saying hello, keeping noise down after about 9 PM, no smoking in the apartment, no cooking on an open fire, keep smells down, keep apartment from being cluttered. Don’t damage apartment – if something happens tell Luba.
17. How to dress to go outside in Alaska – no wearing sandals, kids need to be well covered, wear layers, hats and gloves/ mittens are very important.

## FOODS

1. Take to grocery store
2. Practice using Quest card when and if they get one.
3. Show about produce and how to read signs (price per POUND not kilo etc)
4. Go in aisles and try to sort out what is the least expensive of similar products – learning how to read the pricing.
5. Help them get groceries a few times until they are comfortable – let them select – you are just the guide.
6. Take them to Red Apple and Costco and Walmart so they learn the options.
7. Teach about the importance of not eating too much junk food or soda. The outside aisles of a store are always the healthiest ☺
8. How to cook some things here – teach some basic recipes if they seem to need help with this.