

Agenda

Independent Living Group:

Budgeting: 10/30/19

Objective: The objective is to give the group practice creating a budget.

Review Homework: Review activity where patients had to do research on the career in which they are interested.

Activity: The patients will be given dry kidney beans to distribute over different areas of need, such as housing, utilities, transportation, cell phone, and entertainment.

Discussion: What can we learn from this activity?
What did this activity show you about what you value?
What is the difference between a want and a need?
Based on this activity, what do you think you need to know to create a budget?

Handout: Budgeting activity.

Homework: Create a budget for yourself.