



Cooking and Gaining Independence

By Kyle Moriarty

I am an intelligent young man with autism coming into the real world with so much focus on where my life will lead. I have a dream, a goal really, of where my life shall go.

I want to be on my own, a king of my own home. I'll reach these goals through independence. Cooking is where I get my start.

This blog is to share that doing the cooking of meals in my life, helps me to be independent and to really work at my individuality. I love to cook because I get to express myself on these occasions. I get to show my love for others in the food I make.

I have been cooking since age eleven. The first thing I liked to do is cook easy things like eggs and noodles. Other simple things I make are homemade twice baked potatoes. I cook some weekends on the BBQ too. When I cook the anxious feelings I battle are forgotten.

I think that cooking shows my competence. Now I mostly cook every night. I like to help my mom out, and bringing lunch to work every day is in a big way easier if I'm cooking. My favorite things to cook are meat on the grill and for my specialty on Saturdays I like to do Chili or Shepard's Pie.

I am looking to have more independence as I get older. Cooking helps me with that. My goals of living on my own are more realistic to me if I can provide myself with being able to fulfill my basic needs. I am hoping that by reading this, it will encourage others to learn something new that will get you closer to your independence.