



Towards Independence  
**Independent Living:  
Progression**

Name:

# Contents

---

Welcome	1
Record Boxes	2
Tutor Notes	3
Record of Activities	4
Levels of Support	6
Section A: Coping in my home	8
Section B: Personal safety in my home	12
Section C: Communication in my home	16
Section D: Personal safety in my community	20
Section E: Communication in my community	24
Section F: Managing my money	26
Section G: Shopping	28
Section H: Being a good citizen	32
Section I: Community services and facilities	36
Section J: Project	38
Module Review	40
Next Steps	41

This module has been developed as the result of collaborative work between ASDAN and practitioners delivering the Towards Independence programme. Our thanks go to all those who contributed to the development of these materials.

**DISCLAIMER:**

Personal information, photographs and videos of students and staff are classed as personal data under the terms of the Data Protection Act 1998. The use of such information as portfolio evidence for ASDAN Programmes or Qualifications will require centres to obtain consent from students, parents and carers. ASDAN does not pass on, or use in any way, materials provided by centres, unless given permission to do so for publicity or training purposes.

# Welcome

---

You are starting a module called

## Independent Living: Progression

In doing the activities in this module you will be asked to:

- say
- show
- choose
- make things

You can say things by talking or signing, or by using any other means to let someone know what you want to say.

You can choose and show things by using:

- pictures
- digital recording
- other means
- photographs
- computer

or by telling someone else so they can write or do it for you. All the way through you can have as much help as you need.

As you complete each activity, you or your tutor can tick  the box shown alongside the activity and the corresponding box on the **Record of Activities** page.

When you have finished the module, remember to complete the **Module Review** and **Next Steps** at the end of the book.

# Record Boxes

At the end of each section you will find a page of record boxes:

This box can be used by your tutor to write an extra activity for you to do. This might ask you to practise some of the skills you have already shown, or it might ask you to do an extension activity.

This box can be used in any way to show your achievements throughout the section. It might also show what you need to work on next.

This box can be used to record your achievement by allocating a P level or other descriptor and subject area.

This box shows skills you have used well. These might be Basic Skills, Key Skills or other important life skills.

This box shows what sort of help you had.

This box shows where the work is kept in your ring binder (or other place).

The diagram shows a record box form with the following fields and sections:

- Activity: (with an optional field)
- Comments: (with a field for Tutor/Supervisor/Learner and an optional field)
- P level or other centre assessment tool: (with an optional field)
- Subject area:
- Level of support:
- Skills:
- Evidence ref:
- Verified by:
- Date:

Your tutor will sign and date these boxes when all the other boxes have been filled in.

# Levels of Support

---

Ask your tutor to talk to you about these:



**NH No Help** – you can do things on your own



**SH Spoken/Signed Help** – you are helped by someone speaking or signing suggestions to you



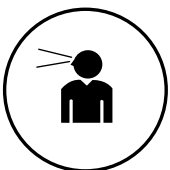
**GH Gestural Help** – you are helped by someone using hand signals or other gestural prompts



**PH Physical Help** – you are helped by someone holding you and/or helping you to move



**SE Sensory Experience** – you are given the opportunity of being involved through a sensory experience, e.g. hearing, touch, sight or taste



**ER Experience Recorded** – you are provided with an experience of the activity but are unable to take part

## Section A (continued):

### Coping in my home

5 Show you can correctly dispose of waste.

For example:

- Household rubbish
- Medical waste
- Food waste
- Recycling materials
- Other

6 Show who you would contact if something went wrong in the home.

For example:

- A power cut
- The washing machine overflows
- Smell of gas
- A water leak
- Problems with the Internet connection
- Other



## Section A (continued):

### Coping in my home

Activity:

optional

Comments:

Tutor/Supervisor/Learner

optional

P level or other centre assessment tool:

optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

## Section E:

### Communication in my community

- 1 Show who you might need to communicate with in your community:

For example:

- Landlord
- Neighbours
- Shop assistants
- Key worker
- College staff
- Friends and family
- Other

- 2 Show when you might need to give out personal information.

For example:

- Opening a bank account
- Buying something on credit
- Ordering shopping online
- Obtaining a passport
- Arranging your individual or personal budget
- Other

- 3 Show you can follow directions or instructions to get to a place in your local community.





## Section E:

### Communication in my community

Activity:

optional

Comments:

Tutor/Supervisor/Learner

optional

P level or other centre assessment tool:

optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

# Section J:

## Project

In this section you can choose your own activity.

Here are some ideas:

- Decorating a room in your home
- Inviting friends or family for a meal
- A gardening project
- Planning a holiday
- Saving to buy something special
- Visiting a leisure centre on a regular basis
- Joining a new group
- Other

- 1 Decide what your project will be.
- 2 Plan your project.
- 3 Make a list of the things you need.
- 4 Do your project.
- 5 Show what went well in your project.

✓

# Section J:

## Project

**Activity:** optional

**Comments:** optional  
Tutor/Supervisor/Learner

**P level or other centre assessment tool:** optional

**Subject area:**

**Level of support:**

**Skills:**

**Evidence ref:**

**Verified by:**

**Date:**

# Next Steps

**My next challenge:**

**Activities and modules that will help:**

**Who can help me and when:**

Remember to record that you have completed this module and review on the **Record Page** in your **Starting Out** module.

**Learner signature:**

**Tutor/supervisor signature:**

**Date:**

Sample



TISM72/1

© ASDAN 2015, Wainbrook House, Hudds Vale Road, St George, Bristol BS5 7HY  
t: 0117 941 1126 | e: [info@asdan.org.uk](mailto:info@asdan.org.uk) | [www.asdan.org.uk](http://www.asdan.org.uk)  
@ASDANeducation | [facebook.com/ASDANeducation](https://www.facebook.com/ASDANeducation)