



Towards Independence

My Future Choices

Name:

Contents

Welcome	1
Record Boxes	2
Tutor Notes	3
Levels of Support	4
Record of Activities	5
Section A: Where I could live	8
Section B: Supported living	12
Section C: Financial support	16
Section D: Managing my money	20
Section E: Preparing to live somewhere new	22
Section F: Project	26
Module Review	28
Next Steps	29

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

My Future Choices

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 label)
- Comments: Tutor/Supervisor/Learner (with an optional label)
- P level or other centre assessment tool: (with an optional label)
- 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



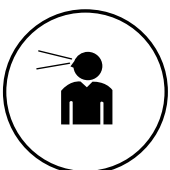
GH Gestural Help – you are helped by someone using hand signals or other gestural prompts



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):

Where I could live

4 Show which of these things you can do on your own.

5 Show which of these things you would need help with.

6 Develop an action plan to help you become more independent.

Sample

Section A (continued):

Where I could live

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 D:

Managing my money

- 1 Show how much money you need during the day and what you need this money for.
- 2 Show whether you need different amounts of money on different days.
- 3 Show how you can keep your money or debit/credit cards safe.
- 4 Show how you can manage your money for one week.
- 5 Show you know how to open a bank account and what information you would need to take with you.
- 6 Show who can help you with opening a bank account.
- 7 Show you know what a PIN is and what you need to do to keep it safe.

For example:

- Do not give your number to others
- Do not let others see you using your number
- Do not keep it written down in your purse/wallet



Section D:

Managing my money

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 F:

Project

In this section you can choose your own activity.

Here are some ideas:

- Compile a personal contacts book. Include the names and contact details of people who support you
- Find out how much furnishing your new home will cost
- Visit new places you could live and make a photo diary. Include people you meet.
- Find out about community based services and support in the area you will be living
- Find out about gardening, home maintenance or home decorating courses.
- Open a savings account
- 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.

A vertical pink bar on the right side of the page. At the top, there is a black checkmark. Below it are five empty rounded square checkboxes, each with a red border, arranged vertically.

Section F:

Project

optional

Activity:

optional

Comments:

Tutor/Supervisor/Learner

optional

P level or other centre assessment tool:

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



TISM76/1

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