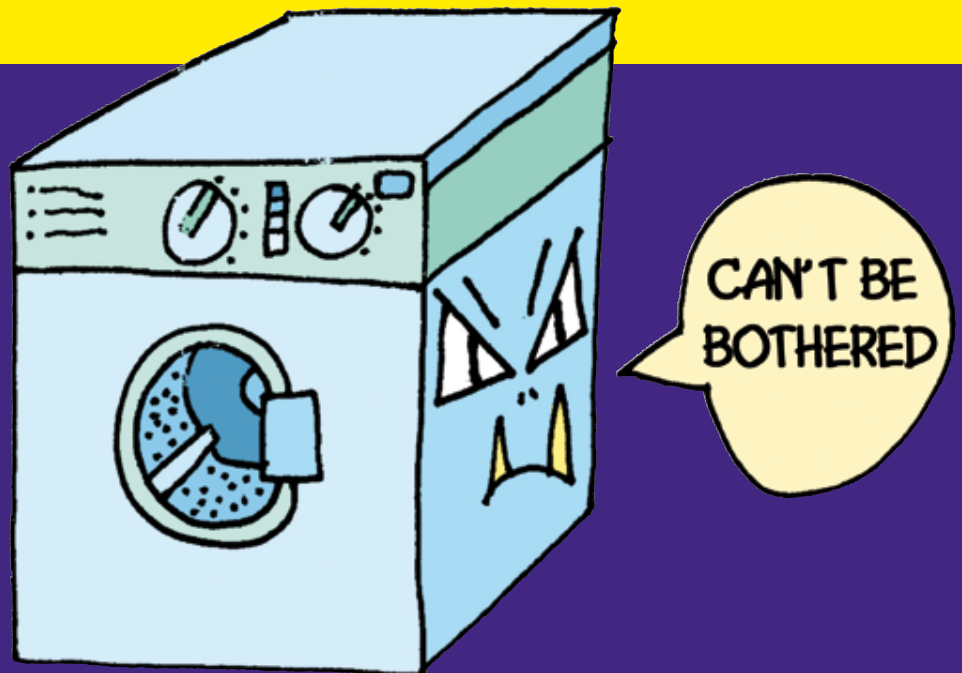


Towards Independence

Introduction

Young person



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This belongs to:

.....

Towards Independence

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Towards Independence

The Idea

Throughout my life I have worked with young people. I have been responsible for them, involved in their care, their holiday jobs and their education. I am also a parent and believe it or not, was a teenager once myself.

Carers know that being a teenager isn't easy and that being a teenager in care often feels twice as hard. Sometimes you may simply feel that nobody understands you and that everybody is on your case. Life may appear to be going downhill rather than up. Feeling this way can happen to us all regardless of our circumstances. We wouldn't have been normal teenagers if it hadn't but we can appreciate the extra problems that you could be dealing with. Please believe people when they say that you have so much to look forward to in the future. Try telling yourself that tomorrow will be the start of the rest of your life. Believe that it is never too late to make a new beginning or to make changes. You have now made a start in the right direction.

Growing up is easier said than done. Then before you know it, it will be time to move on from the type of care that you have now. This may be a tough call too. Moving on can be tough for most young people. So how can your transition from care to independence be made easier? From my own personal experience and by observing many young people I believe that part of

the answer lies in the preparation of your life skills and this is what you will be working on. By the time you are due to move on you will feel that you can manage anything and everything that comes your way with confidence and success. That's the aim but it's entirely up to you. You will need to put some time and effort in, in order to achieve this and you will also need to be honest with yourself, truthful with others and acquire a realistic attitude.

GO FOR IT.

You have your carer/s and many other people around to give you support and encouragement. They want you to succeed in your chosen lifestyle and are there for you unconditionally so work together throughout.

Just one thing, **write your own needs** before you start. You are unique and your needs are individual to you. You may find therefore that some of the bullet points do not apply to you. Discuss this with your carer and worker and maybe change them, delete them or even add your own. You can be proud of yourself for recognising your own needs and having an input into shaping your own future.

GOOD LUCK

Towards Independence

Objectives

Enhance

self respect

self esteem

self confidence

social skills

Promote

personal safety

a safe living environment

and sustain positive living habits

and manage personal responsibilities

positive attitudes towards the future

Aim

To prepare a young person to live and flourish independently within the community and to enjoy a happy, healthy lifestyle. The young person will have acquired the skills and knowledge necessary to create a safe and secure living environment and be able to adequately meet everyday needs. This provides the essential base necessary for a successful transition from care to independent living and the future fulfilment of the young persons potential.



Towards Independence

Structure

Phase	Age	Timespan
1	13/14/15yrs	SAT's, GCSE 1st Year
2	15/16yrs	GCSE Exam Year
3	16/17yrs	AS Year/college/ employment
4	17/18yrs	A Level Year/college/ employment/ further education/ gap year

Phase 1

Financial Skills (F)

Kitchen Skills and Nutrition (K)

Education (three sections to choose from) (E)

Personal Skills and Health Issues (P)

Household Skills (H)

Communication (C)

Additions

Phase 2

Financial Skills (F)

Kitchen Skills and Nutrition (K)

Education (three sections to choose from) (E)

Personal Skills (P)

Health Issues (B)

Household Skills (H)

Communication (C)

Additions

Phase 3

Financial Skills (F)

Kitchen Skills (K)

Nutrition (N)

Education and Employment/Training (E) (J)
(three sections to choose from)

Personal Skills (P)

Health Issues (B)

Household Skills (H)

Communication (C)

Towards Independence

Actions and Contingencies

Additions

Phase 4

Financial Skills (F)

Kitchen Skills and Nutrition (K)

Education and Employment/Training (E) (J)
(three sections to choose from)

Personal Skills and Health Issues (P)

Household Skills (H)

Communication (C)

Interim Independence

Actions and Contingencies







Action Needed

Assessment

The Essential List

Information Checklist

Key

- | | | |
|---|-----------------|---|
|  | Action Needed |  |
|  | Working Towards |  |
|  | Achieved |  |

PIF..... Personal Items File

ImpF Important Items File

LC/InF Leaving Care/
Independence File

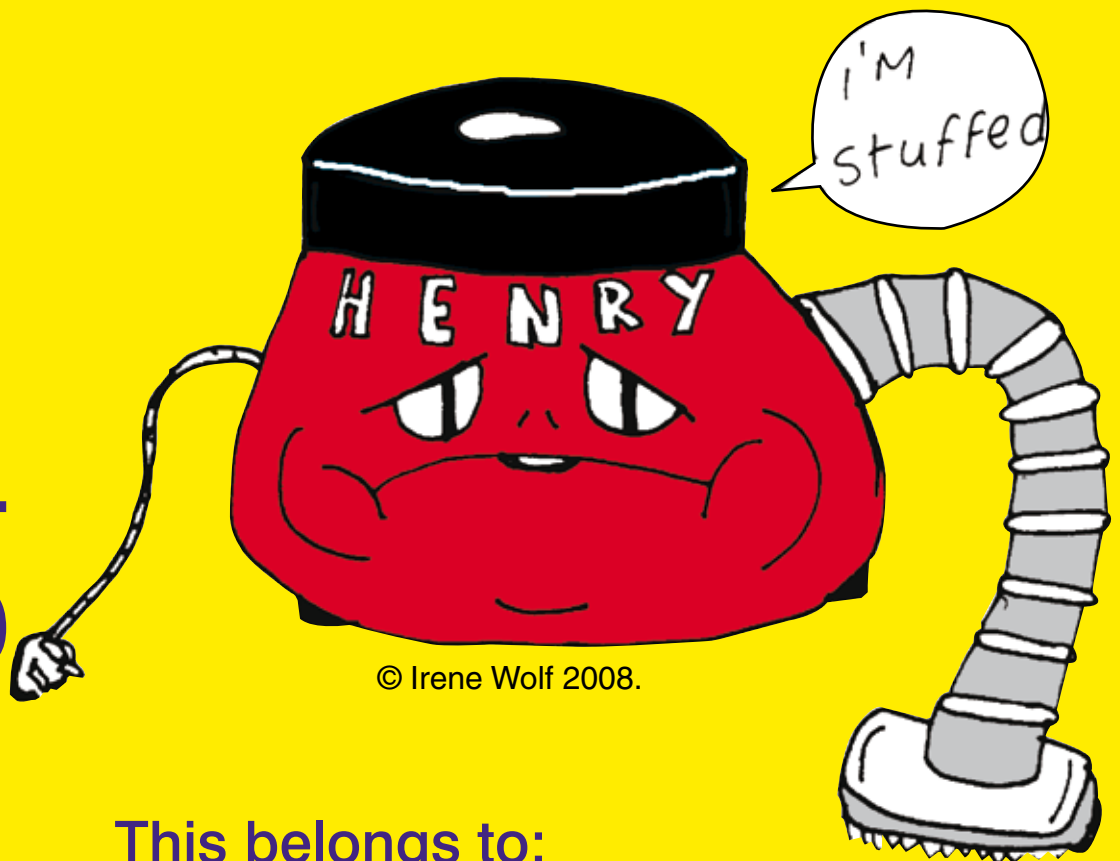
EmpF Employment File

AF Achievement File

Towards Independence

Phase **1**

Young person



This belongs to:

.....

Financial Skills

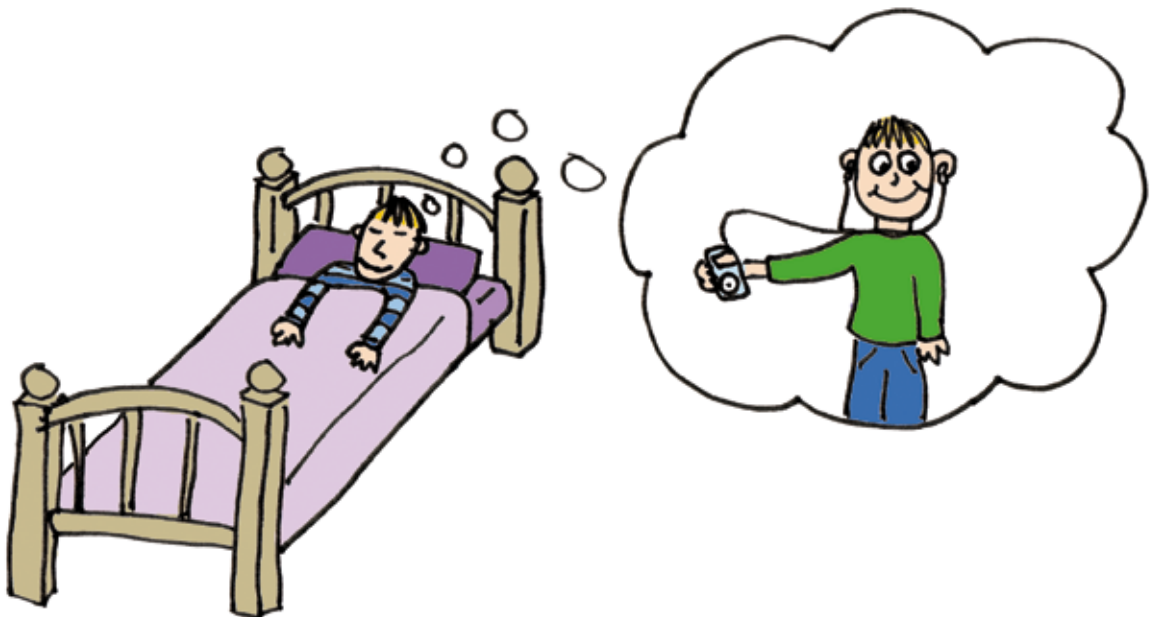
Code:



- | | | | | |
|----|--|--|--|--|
| F1 | Manage your own pocket money. | | | |
| F2 | Manage any activity money appropriately.
Oops! | | | |
| F3 | Use extra money you get appropriately. | | | |
| F4 | Be able to discuss funding for a specific hobby. If you don't ask you don't get. | | | |



- | | | | | |
|----|--|--|--|--|
| F5 | Make your essential needs known e.g. equipment for school. Sorry ipods and jet skis will have to wait. | | | |
|----|--|--|--|--|

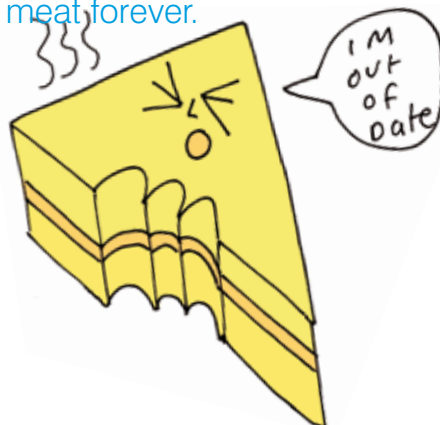


Kitchen Skills and Nutrition

Code:



- | | | | | |
|-----|---|--|--|--|
| K1 | Get into the habit of washing your hands before touching food. Don't give worms or diarrhoea and sickness a chance. | | | |
| K2 | Make your own breakfast most of the time e.g. toast/cereal/tea etc. | | | |
| K3 | Be able to make simple snacks e.g. sandwiches, beans on toast, scrambled egg, cheese on toast, egg and bacon and heat up soup (special diets and religious views will need to be taken into account). Jamie Oliver had to begin somewhere. | | | |
| K4 | Be able to make a balanced packed lunch for school/outings. | | | |
| K5 | Be involved in some household meal preparations e.g. veg. preparation, laying the table, stirring the gravy. | | | |
| K6 | Manage the simple use of the microwave. | | | |
| K7 | Be able to use a manual tin opener. | | | |
| K8 | Be able to use various can ring pulls. How many different types are there? | | | |
| K9 | Be aware of 'sell and use by dates' information and understand its importance. | | | |
| K10 | Get into the habit of returning perishable items to the fridge/freezer. Ban cheesy milk, sour yoghurt, rancid marg and minging meat forever. | | | |



Kitchen Skills and Nutrition

Code:



K11 Help put the household food shop away from time to time. *More child labour.*

K12 Be able to wash dishes/cutlery by hand.

K13 Be able to wipe up dishes and return them to the correct place. *They may hang around in the kitchen all day, LOSERS, but learn to love your tea towels.*

K14 Be able to load the dishwasher (if applicable). *Now that's more like it!*

K15 Be able to wipe up your own spillages hygienically and safely.

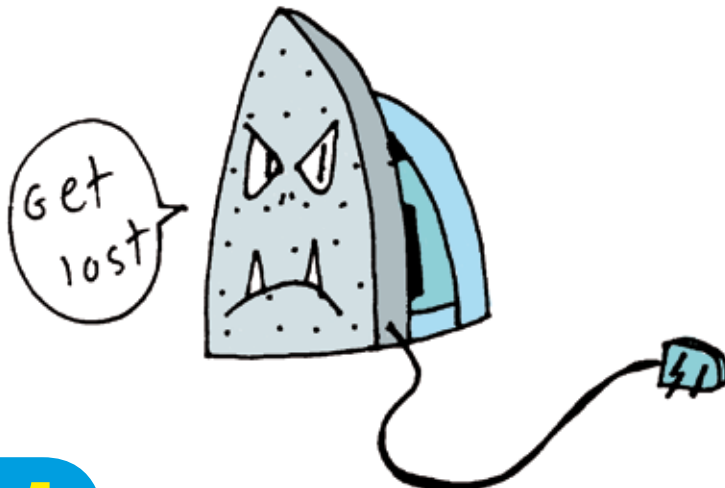
K16 Arrange for your food tech ingredients (for school/college) to be available. *Watch out you'll probably get an earful if you ask for coconut milk the night before.*

K17 Discuss food tech lessons and bring back the cooking (if you haven't already eaten it). *We would all like a taste, well, maybe.*

K18 Be able to set up an ironing board and an iron safely.

K19 Be able to iron a t-shirt - *don't melt any expensive logos.*

K20 Be able to put waste in the correct bin.



Education (full time)

Code:



- E1 Pin up your school timetable and homework times.
- E2 Devise a home timetable and plan your homework, revision, computer, free time and clubs etc. Then pin it up.
- E3 Produce your homework diary for signing (if applicable).



- E4 Become involved in at least 1 after school or lunch time activity. **No, not that!**
- E5 Pin up your SAT's timetable.
- E6 Pin up your individual targets.
- E7 Attend your PEP meetings. PEP stands for Personal Education Plan.
- E8 Attend the Options Meeting for GCSE (if applicable).
- E9 Bring letters from school to the attention of your carer. **They're not easy to read after they've been washed. You might miss out on something good.**
- E10 Return letters to school on time.

Education (full time)

Code:



E11 Be aware of the pupil clinics for health and advice at school.

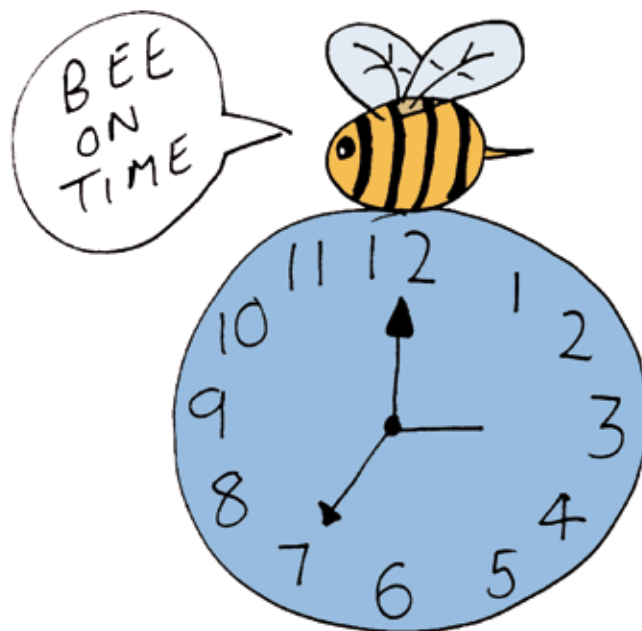
E12 Discuss work at school and be aware of any additional help provided.

E13 Ask for help if needed regarding your work, bullying or any other issues.

E14 Join your local library. *It's not just for book worms. Check it out.*

E15 Be aware of resource material in the household e.g. Leisure File, Who Cares magazine, books, magazines, TV, computer, newspapers. Use them from time to time.

E16 Be at school on time.



E17 Bring your carer to the notice of any detentions at school.

E18 Discuss the school residential trips with your carer and social worker.

Education (full time)

Code:



E19 Discuss the Duke of Edinburgh (D of E) scheme with your teachers, carers and social worker. **This can be fun. You meet new people and it looks good on your CV (This is your Curriculum Vitae). Your CV becomes very important when you are applying for courses or jobs in the future.**



E20 Try your best to attend local authority and government run courses aimed at your age group and especially those you have been personally invited to.

E21 Begin to compile a file of personal achievement. Put all your certificates and merits along with a note of any courses you have attended into a box file, folder or equivalent storage. This will be referred to as your Achievement File or AF for short.

E22 Write down your SAT's results and put them into your AF. **WELL DONE.**

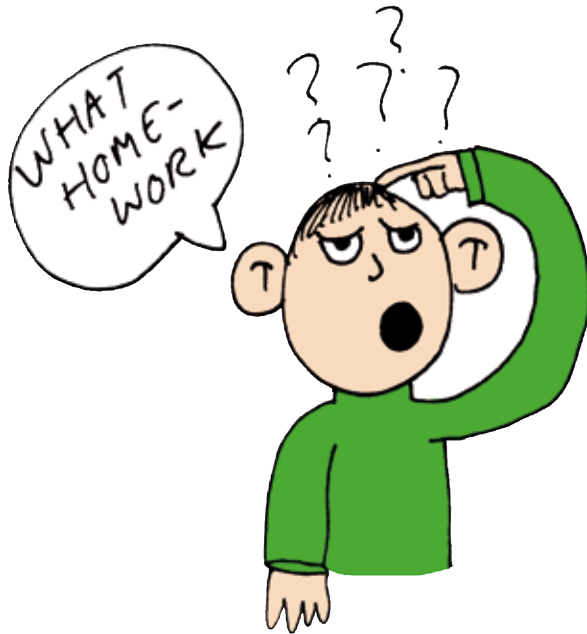
E23 Write special dates and times in the household organiser/ calendar that need to be shared with your carer. **Don't miss out.**

Education (part time)

Code:



E1 Pin up your school timetable and homework times.



E2 Devise a home timetable and plan your homework, revision, computer, free time and clubs etc. Then pin it up.

E3 Pin up your school/ college targets.

E4 Attend your PEP meetings. PEP stands for Personal Education Plan.

E5 Pin up your SAT's timetable.

E6 Attend any other target setting meetings at school/college. [These may help you to plan your work in achievable steps.](#)

E7 Try your best to bring letters from school/ college to the attention of your carer. [They're not easy to read after they've been washed. You might miss out on something good.](#)

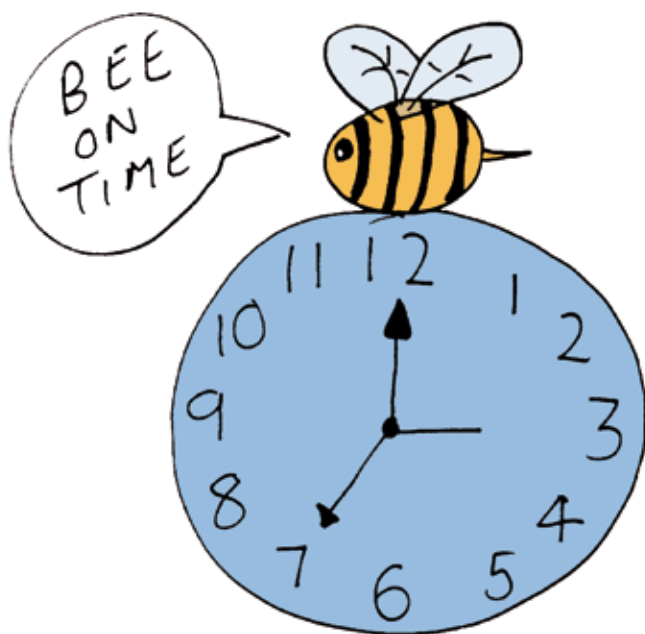
Education (part time)

Code:



E8 Try your best to return letters to school/college on time. Places for some activities fill up quickly. You could miss out.

E9 Try your best to be at school/college on time.



E10 Write special dates and times in the household organiser/calendar that need to be shared with your carer. Don't miss out.

E11 Do your best to follow the school rules.

E12 Ask for help if needed and find out about additional help available. You wont be the only one.

E13 Try and join your local library. You can access videos, CD's and a computer besides reading material from here. Ask your carer to help you remember return dates.

Education (part time)

Code:



E14 Join the Oasis project (or similar) at your local library. *It's working on your computer skills in a fun way. Alternatively, join a different computer skills course elsewhere.*

E15 Be aware of the resource material in the household e.g. Leisure File, Who Cares magazine, books, magazines, TV, computer, newspapers. Use them from time to time.

E16 Discuss school residential trips with your carer and social worker.

E17 Discuss the Duke of Edinburgh (D of E) scheme with your teachers, carer and social worker. *This can be fun. You meet new people and it looks good on your CV (this is your Curriculum Vitae). Your CV becomes very important when you are applying for other courses or jobs in the future.*

E18 Begin to compile a file of personal achievement. Put all your certificates and merits along with a note of the courses you have attended into a box file, folder or equivalent storage. This will be referred to as your Achievement File or AF for short.



Education (part time)

Code:



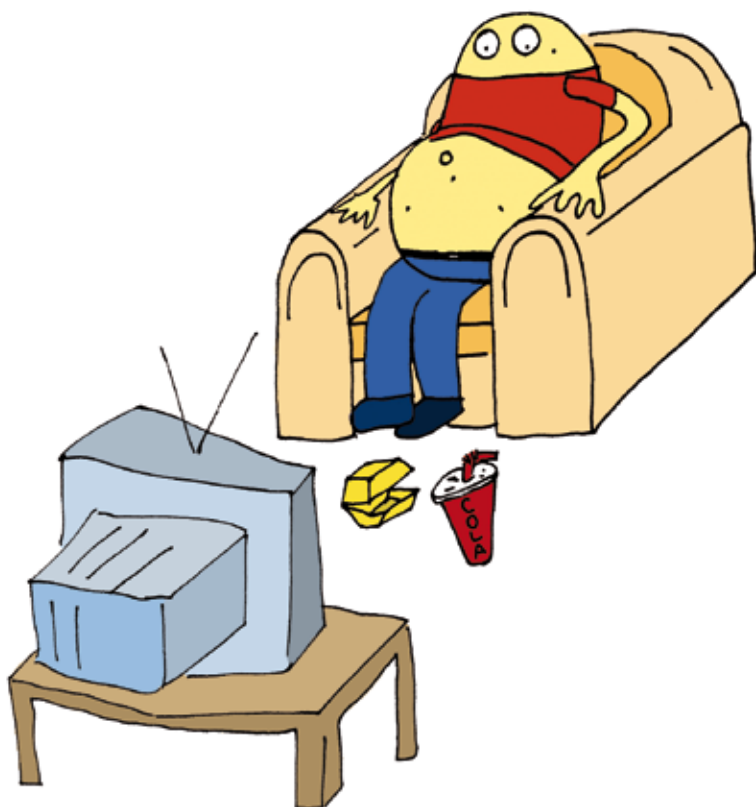
- E19 Try your best to attend local authority and government run courses aimed at your age group and especially those you have been personally invited to. Write them in your AF.

- E20 Be aware of any pupil clinics for health and advice at school/college.

- E21 Do some regular exercise, e.g. swimming, jogging, football, tennis, athletics etc.
PHEW!

- E22 Join a fitness club and attend regularly or join a self defence course or a sports course from time to time.


- E23 Write down you SAT's results and put them into you AF. **WELL DONE.**



Education (Home based)

Code:



E1	Pin up your tutor's timetable.			
E2	Devise a home timetable to plan tutor times, homework times, computer times and free time. Then pin it up.			
				
E3	Be involved in your PEP meetings. PEP stands for Personal Education Plan.			
E4	Be involved in any target setting/ achievement plan/ incentive plan that is specifically for you. By taking part in this you will be better prepared for your future.			
E5	Be ready at the set time for your tutor.			
E6	Ask for help when needed. WELL DONE.			
E7	Join your local library. You can access videos, CD's and a computer besides reading material from here. Ask your carer to help you remember return dates.			
E8	Join the Oasis project (or similar) at your local library. It's working on your computer skills in a fun way. Alternatively, join a different computer skills course elsewhere.			

Education (Home based)

Code:

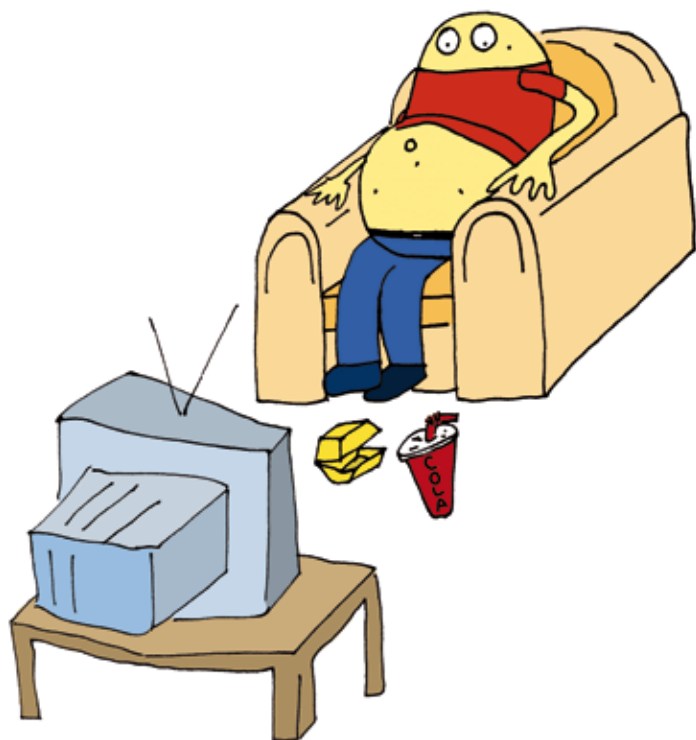


E9 Be aware of the resource material in the household e.g. Leisure File, Who Cares magazine, books, magazines, TV, computer, newspapers etc. and use them from time to time.

E10 Do some regular exercise, e.g. swimming, jogging, football, tennis or athletics etc.
PHEW!

E11 Do your best to enroll in sports/exercise courses on a regular basis.

E12 Join a fitness club and attend regularly or join a self defence course from time to time.



E13 Try your best to attend local authority and government run courses aimed at your age group and especially those you have been personally invited to. Write them in your AF, (see E16).

Education (Home based)

Code:



E14 Pin up your SATs timetable (if applicable) and be ready on time.

E15 Write any special dates and times in the household organiser/calendar that need to be shared with your carer. [Don't miss out.](#)

E16 Begin to compile a file of personal achievement. Put all your certificates and merits along with a note of any courses you have attended into a box file, folder or equivalent storage. This will be referred to as your Achievement File or AF for short. [Later on, you may need to list your achievements on your CV. This is your Curriculum Vitae and this becomes very important when you are applying for courses or jobs in the future.](#)

E17 If you have taken the SAT's tests write down the results and put them in your AF. [WELL DONE.](#)

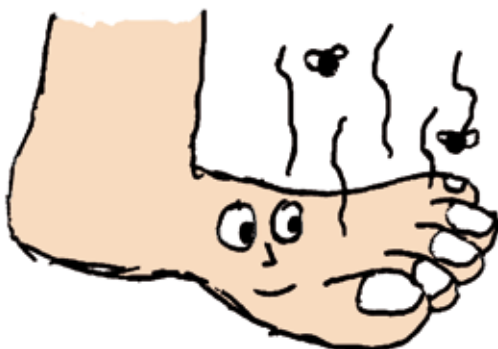


Personal Skills and Health Issues

Code:



- | | | | | |
|-----|--|--|--|--|
| P1 | Be able to organise your own room and keep it reasonably teenage tidy. | | | |
| P2 | Put your dirty clothing in the appropriate place. | | | |
| P3 | Be responsible for your own belongings. | | | |
| P4 | Prepare your school bag and uniform daily (if applicable). Watch out for those rotten bananas and the glue on your sweatshirt. | | | |
| P5 | Be able to clean/ maintain your footwear from time to time. | | | |
| P6 | Be able to clean your school shoes weekly (if applicable). | | | |
| P7 | Be aware of your appointments and be available. | | | |
| P8 | Be confident using public transport within the familiar local area e.g. to and from school/ local town. | | | |
| P9 | When you arrange to meet family/friends at a particular time and place, be there. | | | |
| P10 | Be able to pack an overnight bag for yourself. | | | |
| P11 | Be able to pack a weekend bag for yourself. | | | |
| P12 | Begin to take an interest in personal hygiene products. Shop around. Look for BOGOF offers. | | | |



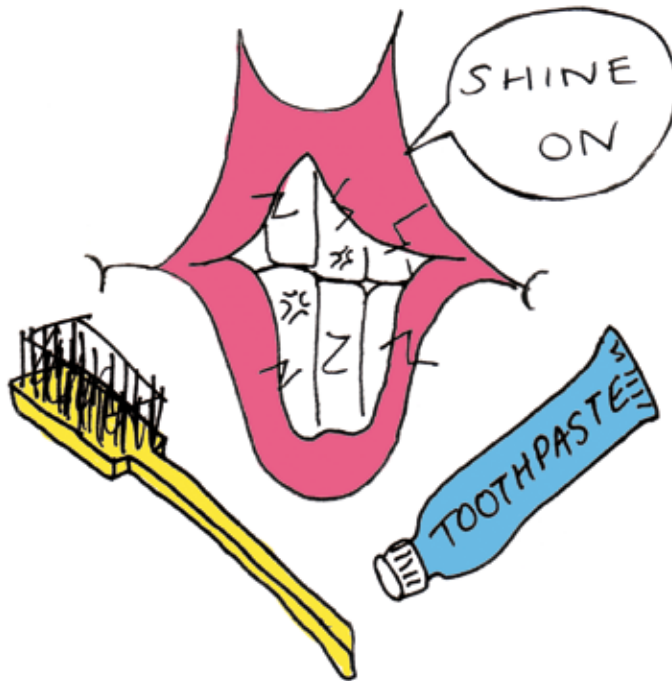
Personal Skills and Health Issues

Code:



P13 Bath/shower and/or wash every day.

P14 Be responsible for brushing your teeth twice daily. Some Victorians used to have all their teeth taken out as a 21st Birthday present. NOT NICE.



P15 Flush the toilet after use. PLEASE!

P16 Wash your hands after using the toilet/ before eating food.

P17 Be aware of the times and/or frequency of medication (if applicable).

P18 Recognise the signs, when you need a doctor, dentist or optician between routine appointments. Don't grin and bear it. Mention any concerns to your carer.

Personal Skills and Health Issues

Code:



P19 Be aware of family planning clinics, sexual health clinics and well woman clinics etc.

P20 Be able to use public transport further afield e.g. 20 miles accompanied or unaccompanied (with monitoring e.g. mobile phone contact).

P21 Take an interest in local teenage groups and activities.

P22 Begin to take an interest in your personal clothing/footwear to meet your needs.
Oops! are your feet beginning to leave the ground?

P23 Learn how to sew on a button or trouser bar and hook. Back down to earth again.

P24 Use the appropriate sun cream and be aware of sun protection e.g. sunglasses, hat and long sleeves etc. Don't get burnt to a crisp.

P25 Begin to put your personal things e.g. photographs, letters, cards etc. into a box folder or other equivalent storage. This will be referred to as your Personal Items File or PI. for short.

P26 If you are likely to be going abroad with your school or carers in the future you will need a passport. Get the ball rolling now and ask your carer and social worker to look into it for you. BON VOYAGE!

P27 Ask your carer and social worker whether you are up to date with your vaccinations.

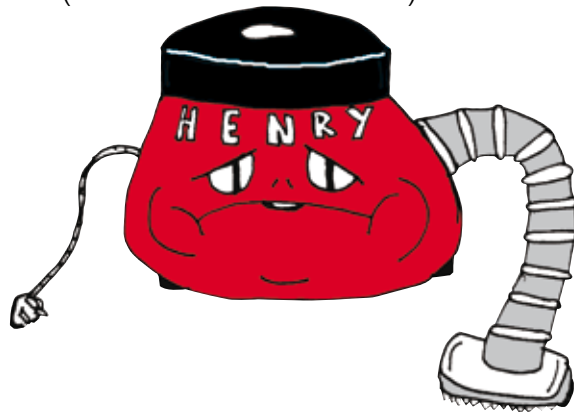
Household Skills

Code:



H1 Be able to use a vacuum cleaner. [Here we go again, more child labour.](#)

H2 Be able to keep your own room clean (vacuumed and dusted) occasionally.



H3 Be aware of household dangers e.g. loose sockets/plugs, trailing cables, overloaded sockets, unattended electrical goods, candles, knives in washing up bowls, disposal of broken glass etc.

H4 Be responsible for locking your own bedroom door (if applicable) and looking after the key.

H5 Get into the habit of switching off/ turning off everything you use.

H6 Get into the habit of returning things to the correct place after personal use. [This will save a lot of time and stress.](#)

H7 Be able to change your own bed from time to time when given the clean bedding.

H8 Try your best to leave the cloakroom/ bathroom as you found it.

H9 Hang your own towel/s in the appropriate place between uses.

H10 Put face cloth/s in the appropriate place between uses.

Communication

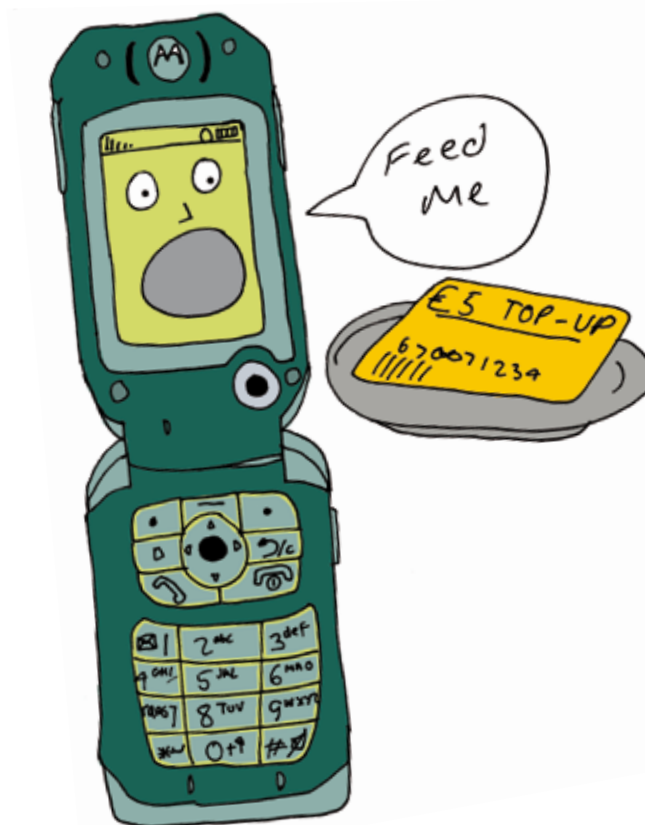
Code:



C1 Be responsible for own mobile phone.

C2 Be aware of MOBILE PHONE FREE ZONES.

C3 Be able to keep credit on your mobile phone for emergencies or essential calls.



C4 Be able to take messages and pass them on appropriately.

C5 Be able to leave written messages in an agreed place.

C6 Try your best to contact the appropriate person/people if venues or times change from those arranged.

C7 Get into the habit of telling your carer where you are going, who you are with and when you intend to be back. **No worries for your carer and a safety net for you.**

Communication

Code:



- | | | | | |
|-----|--|--|--|--|
| C8 | Make every effort to let your carer know if any arrangements change during your time out. | | | |
| C9 | Write appointments, special occasions etc., in the household organiser/calendar. | | | |
| C10 | Know some important phone numbers off by heart. | | | |
| C11 | Be able to contact your social worker independently. | | | |
| C12 | Try to attend your CLA meetings. <i>You are allowed to go out and come back in when you choose to.</i> | | | |
| C13 | Try to understand the household rules and boundaries, keep them in mind and do your best to live within them. | | | |
| C14 | Try your best to make your needs known. | | | |
| C15 | Try your best to communicate with your Independent Reviewing Officer (IRO). | | | |
| C16 | Try your best to read letters addressed to you. <i>Some people have to read a letter many times in order to deal with the information.</i> | | | |
| C17 | Try your best to respond to letters/forms addressed to you. <i>Ask for help...most people do.</i> | | | |
| C18 | Know how to make an emergency call. | | | |
| C19 | Know how to respond whilst making an emergency call e.g. calmly, know which service you need, know your address and telephone number, know where you are, know what has happened, listen carefully to any instructions and be able to ask what to do in the meantime while you are waiting for help. | | | |

Supported by



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Thanks to Harry for the illustrations and William for editing.