



**INDEPENDENT  
LIVING SKILLS:  
BECOMING  
*Independent***

If you are looking to gain more independence or move out on your own this course is a great introduction to the basic skills you will require. Learn about planning, money management, household tasks and getting out into your community.

**Perfect for:**

16+

**Program outline:**

- Identifying goals, support needs and what is important to you
- Group planning on skill focus
- Skill development and activities

**Skills developed:**

Depending on your goal's you may choose to work on:

- Money management
- Self-care
- Making appointments
- Travel Training
- Road safety
- Social skills
- Household tasks
- Budgeting and shopping
- Ordering meals

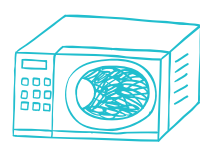


**What to expect:**

- Creating a 1 page profile using a person centred approach on your individual goals
- Work independently and as part of a team focussing on specific goals
- Active participation in discussions, step by step instructions, thinking outside of the box, real life experiences and community participation

**Duration:**

One day a week (6 hours)  
Ongoing program with progressive goals



*Interested*

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