



Independent Living

Information for Learners, Families and Carers

If you are working towards or living independently or want to be more independent where you are living now, this could be the class for you. There are usually about 7 or 8 learners in a group. We like you to join in everything but if there are things you don't like doing (e.g. ironing) you don't have to join in. It's not a problem.

What we do depends on what the learners can already do and what they are interested in.

These are things we usually do

- Healthy eating and trying different foods e.g. fruits & vegetables
- Storing & preparing food safely e.g. using the refrigerator
- Preparing and cooking a variety of different foods
- Decorating cakes and biscuits for special occasions
- Using appliances safely for use at home
e.g. microwave, toaster, iron, vacuum cleaner
- Developing cleaning skills e.g. dusting, polishing, washing up
- Understanding food labels & following label instructions
- Budgeting money & understanding money values
- Making a gift for a friend or family member
e.g. chocolate truffles, table decoration, birthday card

