# **Independent Living Skills – Helping at Home**

Below is a list of challenges we would like you to complete throughout the coming weeks. With your adults, go through the list and see what tasks you think you can complete by yourself or if you may need help from an adult. How many can you do in 1 Independent Living Skills session? Helping at home is very important. Good luck!

Activity	When did you do it?	Did you need help? Y/N	Parent/Carer Comments
Wash up			
Dry up			
Load the washing machine			
Start the washing machine			
Empty the washing machine			
Help to prepare a healthy meal			
Tidy your bedroom			
Make your bed			
Vacuum			
Lay the table			
Fold your clothes			
Wash your own hair			

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Clean the bathroom		
Clean the kitchen		
Make a cup of tea/hot drink for someone else		
Make a healthy snack for yourself		
Make breakfast		
Make a cold drink for someone else		
Make lunch		
Go for a walk		
Spot an animal from your window		
Go for a run		
Sort the recycling		
Find a coin/note and say what it is worth		
25. Put the bins out for collection		
26. Write a shopping list		
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## <u>Independent Living Skills – Health and Personal Care</u>

Support students to look at the different types of medicines you have at home. Talk about what the medicine is and what it is used for. Stress the importance of only taking medicine when you are not feeling well and that they should always ask for help in this instance – they should tell you or another care giver that they don't feel well, rather than take any medicine on their own. It is still important, however, that if they take medicines they have an idea of why and what it will do.

#### What is it used for?

Example: Calpol is used for stopping pain

is used for	
is used for	

## **Independent Living Skills – Cooking**

We understand that at the moment cooking and finding ingredients can be stressful, so please only attempt the following activity if you have the resources and can facilitate it without any stress. Any recipes we give you can be adapted or changed for items you may have in the cupboards/fridge.

### How to make a jacket potato



Ingredients I will need:

- 1 large potato
- Something to go on top:
  - Beans
  - Tuna
  - o cheese

Equipment I will need:

- fork
- microwave
- plate
- cheese grater
- knife

1. Use the fork to prick holes all over the jacket potato



2. Put the potato into the microwave for 5-7 minutes



3. Prepare your topping; heat the beans, grate the cheese, mix tuna with mayonnaise







4. Remove potato from microwave, cut along the top and add the filling

