
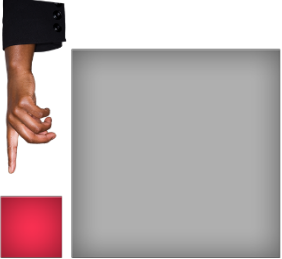








Name:

Promoting Independence – being able to do things for yourself

	<p>Being as independent as you can be will give you more opportunities to choose what you want to do and puts you more in control of your life.</p>
	<p>Independence can be about doing small or big things for yourself, or with less help.</p>
	<p>You may want to learn to travel on the bus to visit friends or family.</p>
	<p>You may want to make your own lunch so you have more control over your time.</p>





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	<p>You may want to go to the shops to buy some food or clothes.</p>
 <p>Workplace</p>	<p>Find out about volunteering or getting a job. To earn money so you can do things you want to.</p>
 <p>College</p>	<p>Find out about doing some learning courses at college or evening classes to help you learn new skills that will help you get a job.</p>
	<p>You may want to learn how to manage your money.</p>

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 <p>My House</p>	<p>You may want to live more independently.</p>
	<p>These are just a few ideas, you may have other things you would like to do for yourself.</p>
	<p>Learning new skills takes time. Remember to celebrate when you learn something new, even the small things!</p>
	<p>At the end of the page there is an activity you can do to help you think about the things you would like to do for yourself.</p>

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You can print off the activity sheet and fill it in. You can ask a family member, friend or support worker to help you fill it in.





If you don't have a printer and would like us to send you a copy of the activity sheet please write to us with your name and address and the name of the activity sheet you would like us to send you to;


Devon Learning Disability Partnership Board
County Hall
Topsham Road
Exeter
Devon
EX2 4Q2

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Promoting Independence – being able to do things for yourself


	<p>What does promoting independence mean to you?</p>


	<p>What things would you like to be able to do for yourself.</p>


 <p>How?</p>	<p>How do you think staff, family members or friends could help you be more independent.</p>

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