

Independent Living

Home Skills

Cleaning living areas

Cleaning bedrooms

Cleaning bathrooms

Cleaning a kitchen

Being a host

Setting a table

Painting and
decorating

House maintenance

Travel Training

Where do you live?

Planning a journey

Using a map

Walking in the local
community

Road safety

Timetables

Catching a bus

Cooking

Food hygiene

Knife skills

Healthy eating

Using a microwave

Lunches

Main meals

Puddings

Planning a menu

Shopping

Using a supermarket

Using a smaller
grocer

Online shopping

Collecting
prescriptions

Returning an item

Financial Management

Identifying money

Using an ATM

Understanding bank
statements

Paying money into
the bank

Withdrawing money
from a bank

Accessing benefits