



Towards Independence **Myself and Others**

Name:

Contents

Welcome	1
Record Boxes	2
Tutor Notes	3
Levels of Support	4
Record of Activities	5
Section A: Myself	8
Section B: Things that I like	10
Section C: My friends	12
Section D: Meeting people	14
Section E: Project	16
Module Review	18
Next Steps	19

Sample

This module has been developed as the result of collaborative work between ASDAN and practitioners delivering the Towards Independence programme. Our thanks go to all those who contributed to the development of these materials.

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Welcome

You are starting a module called

Myself and Others

In doing the activities in this module you will be asked to:

- say
- show
- choose
- make things

You can say things by talking or signing, or by using any other means to let someone know what you want to say.

You can choose and show things by using:

- pictures
- digital recording
- other means
- photographs
- computer

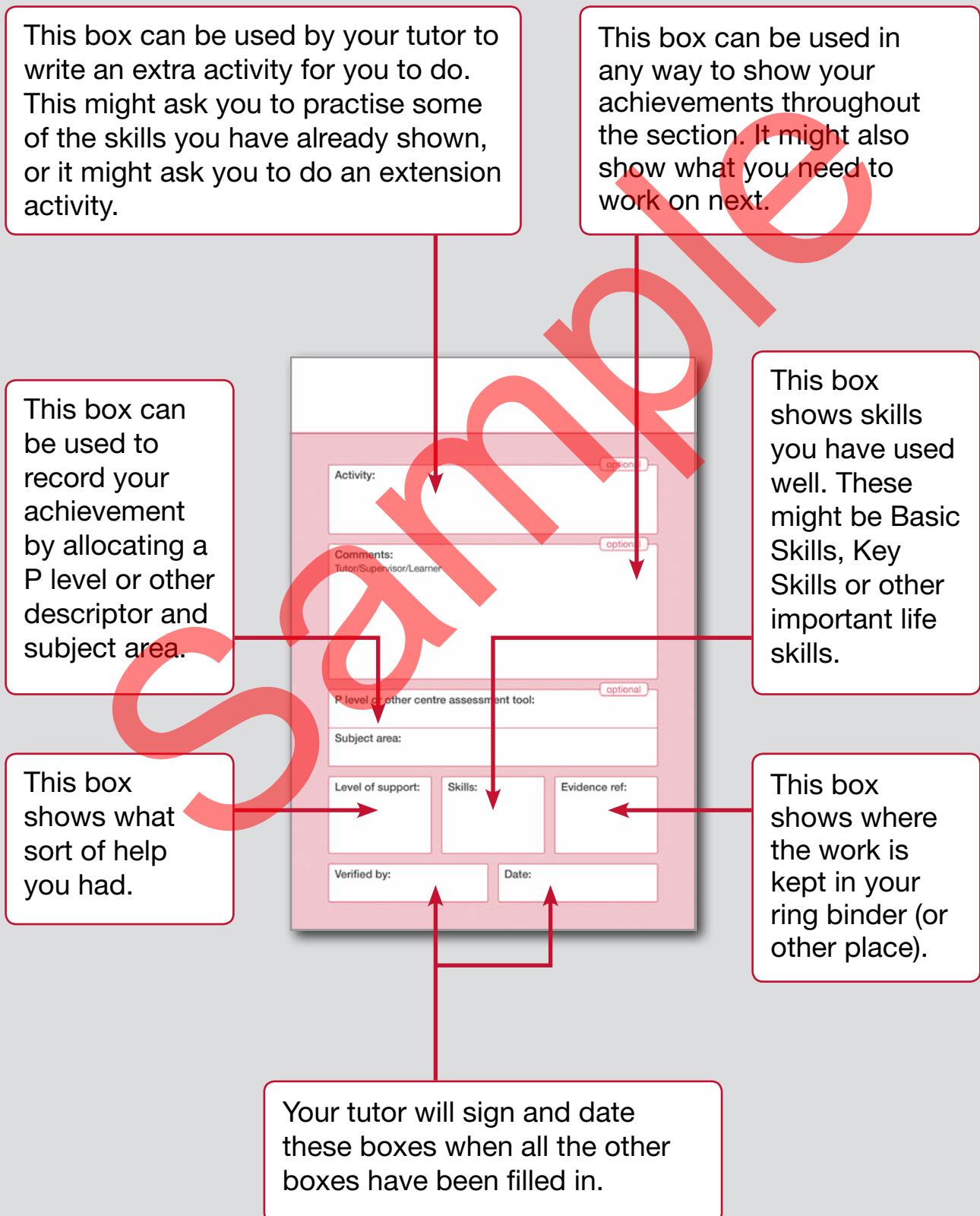
or by telling someone else so they can write or do it for you. All the way through you can have as much help as you need.

As you complete each activity, you or your tutor can tick the box shown alongside the activity and the corresponding box on the **Record of Activities** page.

When you have finished the module, remember to complete the **Module Review** and **Next Steps** at the end of the book.

Record Boxes

At the end of each section you will find a page of record boxes:



Levels of Support

Ask your tutor to talk to you about these:



NH No Help – you can do things on your own



SH Spoken/Signed Help – you are helped by someone speaking or signing suggestions to you



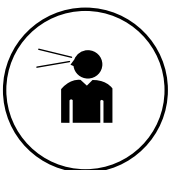
GH Gestural Help – you are helped by someone using hand signals or other gestural prompts



PH Physical Help – you are helped by someone holding you and/or helping you to move



SE Sensory Experience – you are given the opportunity of being involved through a sensory experience, e.g. hearing, touch, sight or taste



ER Experience Recorded – you are provided with an experience of the activity but are unable to take part

Section A:

Myself

1 Show what you look like.

For example:

- hair colour
- eye colour
- shoe size
- clothes size

2 Show what you can do on your own.

3 Show what you need help with.

4 Show how other people communicate with you.

5 Show how you share your feelings.

6 Show how you are part of your family.



Section A:

Myself

Activity:

optional

Comments:

Tutor/Supervisor/Learner

optional

P level or other centre assessment tool:

optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Section B:

Things that I like

1 Show your favourite foods.

2 Show your favourite music.

3 Show your favourite TV programme or film.

4 Show your favourite clothes.

5 Show your favourite activities.

✓

Section B:

Things that I like

Activity: optional

Comments: optional
Tutor/Supervisor/Learner

P level or other centre assessment tool: optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Section E:

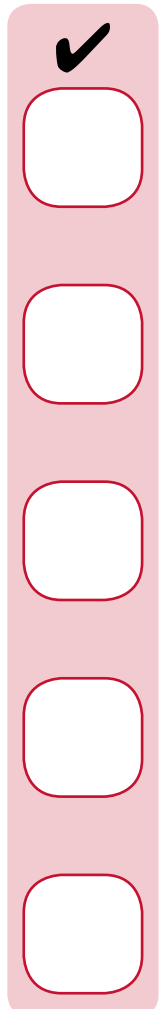
Project

In this section you can choose your own activity.

Here are some ideas:

- Plan an activity with your friends
- About my home
- Visit friends' houses
- Make a video diary
- Take part in a community project
- Other

- 1 Decide what your project will be.
- 2 Plan your project.
- 3 Make a list of the things you need.
- 4 Do your project.
- 5 Show what went well in your project.



A vertical bar on the right side of the page, containing five checkboxes. The top checkbox is checked with a black checkmark. The other four checkboxes are empty.

Section E:

Project

optional

Activity:

optional

Comments:

Tutor/Supervisor/Learner

optional

P level or other centre assessment tool:

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Next Steps

My next challenge:

Activities and modules that will help:

Who can help me and when:

Remember to record that you have completed this module and review on the **Record Page** in your **Starting Out** module.

Learner signature:

Tutor/supervisor signature:

Date:



Sample



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