



Towards Independence **Out in the Community**

Name:

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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

Out in the Community

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

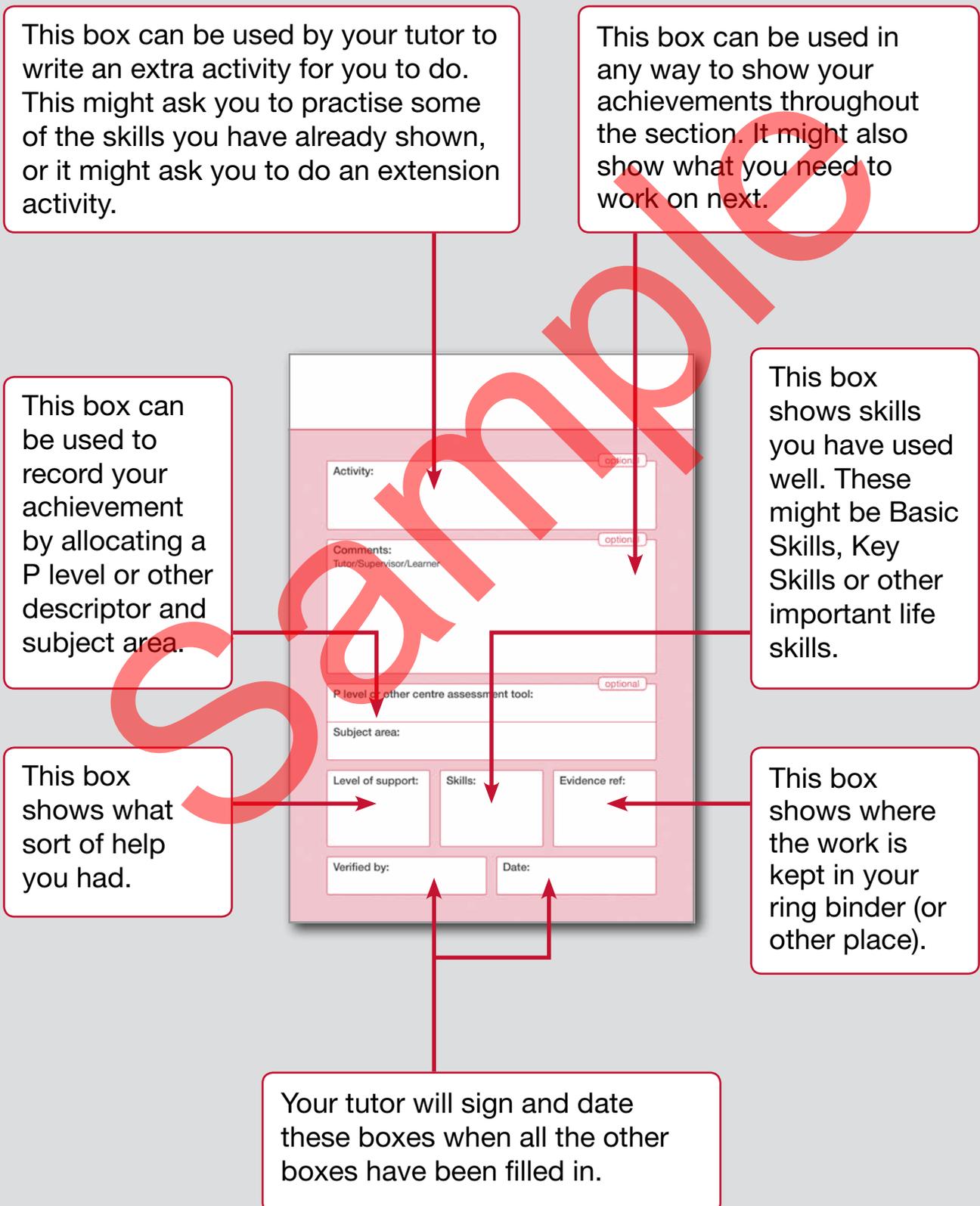
or by telling someone else so they can write or do it for you. All the way through you can have as much help as you need.

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



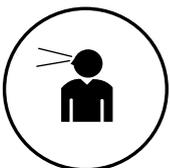
GH Gestural Help – you are helped by someone using hand signals or other gestural prompts



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:

Going out for a drink

- 1 Make a list of your favourite drinks.
Share this with others.
- 2 Choose a place to go for a drink.
- 3 Choose someone to go with or decide to go on your own.
- 4 Decide when you want to go and how you will get there.
- 5 Decide how long you might be out.
- 6 Decide if you need to let someone know and who this will be.
- 7 Decide what you will need to take with you.
- 8 Go out and enjoy your drink.



Section A:

Going out for a drink

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 D:

Going to a club or recreational centre

- 1 Make a list of different clubs or centres you would like to visit.
Share this with others.
- 2 Choose one to visit and show why you would like to go there.
- 3 Choose someone to go with or decide to go on your own.
- 4 Decide when you want to go and how you will get there.
- 5 Decide how long you might be out.
- 6 Decide if you need to let someone know and who this will be.
- 7 Decide what you will need to take with you.
- 8 Go to the club or centre.



Section D:

Going to a club or recreational centre

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 F:

Project

In this section you can choose your own activity.

Here are some ideas:

- Visit a local place of interest
- Use a bus or train to go out shopping
- Go to the cinema with friends or family
- Walk or cycle around your local community
- 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 rounded rectangular checkboxes. The top checkbox is checked with a black tick mark. The other four checkboxes are empty.

Section F:

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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