



# Towards Independence

# **Getting Ready to**

# **Go Out**

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

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You are starting a module called

## Getting Ready to Go Out

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:

This box can be used by your tutor to write an extra activity for you to do. This might ask you to practise some of the skills you have already shown, or it might ask you to do an extension activity.

This box can be used in any way to show your achievements throughout the section. It might also show what you need to work on next.

This box can be used to record your achievement by allocating a P level or other descriptor and subject area.

This box shows skills you have used well. These might be Basic Skills, Key Skills or other important life skills.

This box shows what sort of help you had.

This box shows where the work is kept in your ring binder (or other place).

The form contains the following fields:

- Activity: (with an optional label)
- Comments: Tutor/Supervisor/Learner (with an optional label)
- P level or other centre assessment tool: (with an optional label)
- Subject area:
- Level of support:
- Skills:
- Evidence ref:
- Verified by:
- Date:

Your tutor will sign and date these boxes when all the other boxes have been filled in.

# Levels of Support

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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



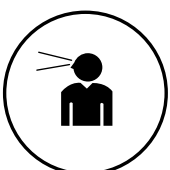
**GH Gestural Help** – you are helped by someone using hand signals or other gestural prompts



**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:

### Planning to go out

- 1 Choose a place you would like to go or visit.
- 2 Show why you want to go there.
- 3 Show who you will go with or whether you will go on your own.
- 4 Show you know how you will get there.  
For example:
  - on foot
  - by car
  - public transport
  - bicycle
  - other
- 5 Show you know what time you will leave to go out and what time you will return.



# Section A:

## Planning to go out

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 C:

### Preparing yourself – personal care

- 1 Show things you can use to prepare yourself for going out.

For example, items related to:

- washing, bathing or showering
- hair care
- cleaning your teeth
- nail care
- shaving
- other

- 2 Show you know why it is important to be clean and tidy when going out.

- 3 Show you can take part in personal care activities to prepare to go out.

For example:

- washing, bathing or showering
- washing, brushing or combing your hair
- cleaning your teeth
- nail care
- shaving
- other





## Section C:

### Preparing yourself – personal care

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 E:

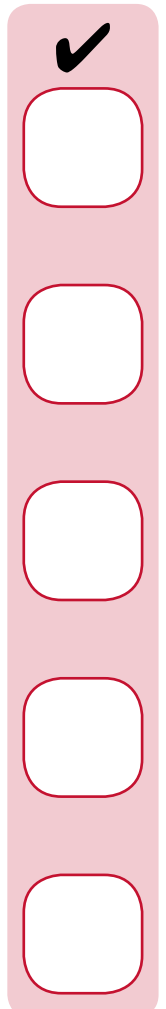
### Project

In this section you can choose your own activity.

Here are some ideas:

- Create a diary showing the different places you have visited over a four-week period
- Make a video diary showing how you plan and get ready for a visit or a day out
- Show the clothes you have worn for a range of different activities
- Help someone else get ready to go out
- 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 checklist bar on the right side of the page. It consists of a light pink rounded rectangle containing five empty rounded square boxes, one for each step of the project. A black checkmark is positioned at the top right of the bar, above the first box.

# 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



TISM05/1

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