

Moving-on

INDEPENDENT LIVING SKILLS



Name:

Independence Skills Checklist

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Laundry

Washers - use the lowest cycle on the highest spin!

This saves on drying and washing times. This will save energy and your clothes will dry quicker. If in doubt just use the fast wash programme. Be energy conscious and always wash a full load but only fill the washer to 2/3 full. There should be enough space to easily fit your fist on top of the washing when it is the washer. If you pack it full the clothes won't be able to move around with the soap and will not wash your clothes properly.

- ▶ Fabric conditioners are unnecessary, harmful to the environment, expensive and can harm your washing machine. They can also damage your clothes – depending on the material. Never use fabric conditioner on gym/sportswear.
- ▶ Choose 100% Cotton clothes they are biodegradable and will last for years. Polyester is a man made fibre and not biodegradable. Viscose is a natural fibre that has been processed and is biodegradable. Acrylic jumpers generally go scruffy after the second wash, avoid them. Wool has to be hand washed.
- ▶ Always separate dark clothes from light clothes. If you don't, your whites will become grey.
- ▶ When choosing washing powder choose the non-bio ones. They are better for the environment and less likely to cause itching should you be allergic to chemicals. Make an effort to discover the recommended amount to use (approx 2 eggcups) and do not use more. Avoid tablets/capsules as they are more expensive.
- ▶ Always remove your washing once it has finished to avoid queues for the washer and the same goes for the dryer. Wet clothes will also start to smell and need rewashing if they are left in the washer for longer than a day.
- ▶ If there are radiators available then use them but don't ever cover a whole radiator with wet clothes. Space your clothes out leaving plenty of bare radiator to generate heat and warm the house. Always use your own radiator first, and avoid leaving underwear drying all over the house if you share your accommodation. Never hang damp clothes over an electric fan heater.
- ▶ Invest in a clothes line and pegs if you can. Wind and sunshine are free and sustainable. Hanging washing outside can be a risk, so ask if you have this facility and if it is safe.
- ▶ Tumble Dryers - They are expensive to run and can shrink/ruin you clothes. Use radiators or a simple laundry airer in your room. Try to avoid using a tumble drier if you can but if you do, then clean the filter every time you use it to save energy costs.
- ▶ Ironing is not essential. If you are going for an interview it gives a better impression to people if you don't look crumpled. You will look like you take yourself and your work seriously. If your job requires that you look smart then buy clothes that don't need ironing or learn to iron properly and do it in large batches if you can. When you are about to start, read the instructions on the label of what you are ironing carefully. If it's cotton you can steam iron (fill the compartment with water) on a hot temperature, if its nylon or polyester then use a low setting. Always start out low and work your way up in temperature if you are in doubt. Start ironing somewhere where it won't show if you scorch it.



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Cooking Checklist

Over the next few months as part of your **independent living skills**, you will learn how to cook **ALL** of the following basic recipes with the help of your support worker. Please visit: www.moving-on.co.uk for recipe sheets.

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POTATOES - baked, roast, (wedges/skins) & mashed

EGGS - boiled, poached, fried & scrambled

OMELETTES - cheese or mushroom

TOAST - creamed mushrooms on toast or cheese on toast

VEGETABLES - preparing, steaming, baking & storing

BEEFBURGERS or VEGGIE BURGERS

WHITE SAUCE - cheese, mushroom and/or peppercorn

PIZZA

PASTA - tomato sauce, spaghetti bolognese or creamy pasta

PASTA BAKE

GRILLING - meat, fish or meat substitutes

ROAST CHICKEN

BATTER - toad in the hole & pancakes

CURRY & RICE

FRIED RICE

SHEPHERDS or COTTAGE PIE

SOUPS - leek & potato or carrot & coriander

DESSERTS

RICE PUDDING

CAKE - basic sponge cake & cup cakes

FRUIT TARTS

COOKIES

Date	/	/	Initial	
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Date	/	/	Initial	
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HERBS - parsley, mint, chives, chillies, coriander, basil, garlic

SPICES - nutmeg, cloves, star anise, ginger, cardamom, vanilla

Promoting Healthy Relationships

Everyone needs friends. As you get older your friendships will change and become more important to you. Making and keeping friends involves a lot of work on both parts.

True friends listen to and respect each other's opinions. If you allow each other to disagree but remain friends, your relationships will be better for it.

Below are tips for keeping friends:

- ▶ Compromise with and support each other
- ▶ If you disagree then talk about it, be upfront about how you feel
- ▶ Encouraging each other when you are feeling scared or low
- ▶ Never make fun of a friend, especially in public
- ▶ Be helpful and considerate of each other's feelings
- ▶ If you argue and you know you were wrong, apologise

In healthy relationships couples each have an equal say in decisions and feel comfortable disagreeing with each other. An unhealthy relationship is when one partner tries to control the other. They might use violence, verbal abuse or even sexual assault. Alcohol and drugs often make things worse.

Do you recognise any of these statements?

- ▶ My partner's temper scares me
- ▶ I don't like to disagree with my partner
- ▶ My partner is often in trouble and has to be rescued from 'situations'
- ▶ My partner's behaviour sometimes means I have to apologise for them
- ▶ My partner has pushed, kicked or hit me
- ▶ My partner is often jealous or angry
- ▶ My partner tries to control my plans and dislikes my friends
- ▶ Sometimes we both drink heavily or use drugs together
- ▶ My partner puts me down in front of my family and friends
- ▶ I agree to sex even if I don't want to because it's easier than saying no
- ▶ My partner follows me to: college, work or parties/nights out
- ▶ My partner has threatened to hurt me in some way
- ▶ My partner has threatened suicide if I try to stop seeing them

If you recognise any of these warning signs, consider getting help. Speak to someone you trust or contact one of the help lines listed at the end of this sheet.

If anyone does the following then seek help:

- ▶ Constantly calls you or sends you text messages or emails etc., when you have asked them to stop.
- ▶ Follows you, spies on you, or asks friends to tell them where you are.
- ▶ Shows up at a place they have no reason to be.
- ▶ Waits for you in places such as college or work.
- ▶ Sends you unwanted gifts.
- ▶ Spreads rumours about you or photos on social media.

Revenge Porn

Revenge porn is the uploading onto the internet of intimate sexual images of someone, to cause them humiliation or embarrassment. It is a criminal offence and punishable with a maximum sentence of 2 years' imprisonment.

Continued overleaf ...



Addiction & Families

The effects on families of addiction, whether substance misuse, alcohol or gambling, are often the same. Usually it causes a great deal of upset and pain to everyone. You can be fairly certain that the person who is struggling, has not made a conscious decision to: become addicted to drugs and alcohol, ruin their lives, the lives of everyone they love and lose everything they have. They may make promises to change and really want to keep them - only to break the same promise again and again.

Addicts often break their promises and do not tell the truth. This can make their family members feel let down and begin to stop believing anything they say. It can be impossible to try to make sense of what is happening and leave you feeling exhausted, confused and upset. Family members can spend a life time trying to figure out why someone is doing what they do in the hope that they can make the problem go away or fix it.

One thing that is certain is, it is not your fault. Despite the possibility that the person who has the problem told you that it was. Addiction is a hugely complicated issue and it is unlikely you will be able to help the person affected. There are however, professionals who can make a difference and it is possible, given time, that they may get better, when the time is right.

It is important to be aware that it is not necessarily the person with the addiction you dislike, it is their addiction and the way that it causes them to behave. People suffering from substance misuse can make people who love them feel: judged, guilty, angry, responsible, frightened, embarrassed and ashamed. It can make you feel torn - you love them but also dislike them as well. These feelings are perfectly normal, it is how you manage them that counts. It can help to talk things through with someone you trust.

The National Association for Children of Alcoholics (NACOA) says: Remember the 7 C's - you didn't cause it, you cannot control it, you cannot cure it, but... you can help yourself by taking care of yourself, communicating your feelings, making healthy choices and celebrating yourself.



Remember the 7 Cs:

- ▶ you didn't **cause** it
- ▶ you cannot **control** it
- ▶ you cannot **cure** it, but ...
- ▶ you can help yourself by taking **care** of yourself
- ▶ **communicating** your feelings
- ▶ making healthy **choices**
- ▶ **celebrating** yourself.

Support & Guidance

FRANK: 0300 123 6600

talktofrank.com

ask your key worker for further advice
and local support

www.nacoa.org.uk

Tel: 0800 358 3456

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