

Independent Living Skills and Resources Inventory



Contents

1. Introduction and Guidelines including

Appendix 1 Ladder Action Plan tool and
Appendix 2 Its Sooo Important tool

2. Skills and Resources Sheets

- Housing
- Home Management
- Money Management
- Self Care Skills- you and your clothes!
- Self Care Skills-food
- Friends and Family-negotiating the rapids!
- Identity- who are you and what do you need?
- Education, Training and Employment
- Healthy Life Styles

Introduction

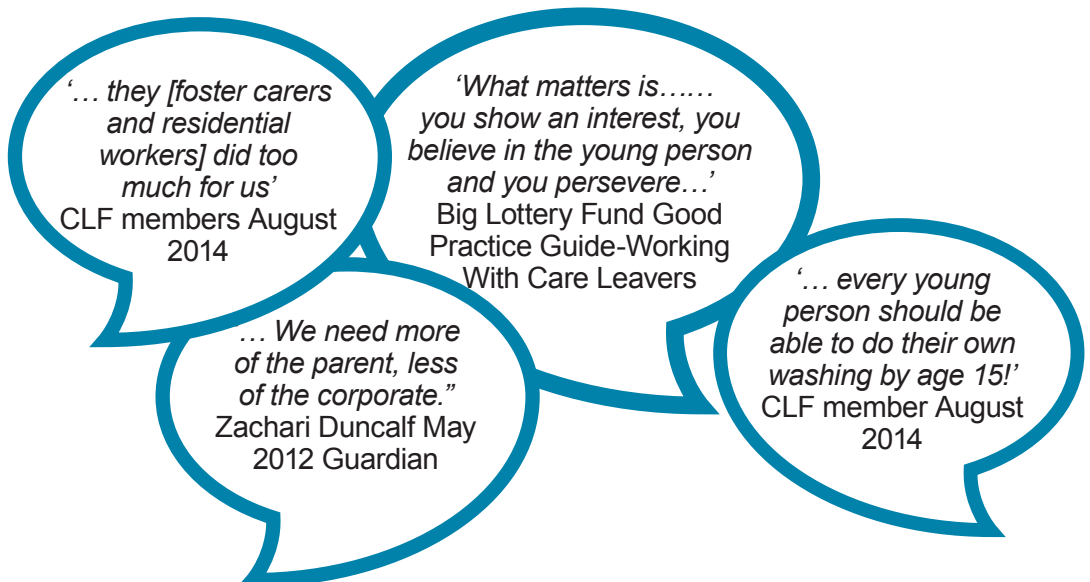
This tool is to be used with young people and those who may be supporting them, e.g. foster carers, PAs, social workers, residential workers, mentors etc. to build a young person's independence skills and resources over time.

It is split into different levels of difficulty. Every young person is different so some young people will be able to answer some of the level 3 questions and struggle with some level 1 questions whereas others will It is not exhaustive and not everything will be relevant to each young person, there is also room for additional questions at the end of each section.

There is no time limit or limit on the number of times you can use each skill and resource section, indeed you may choose to revisit some as time goes by and things change; the aim is to identify areas where there are gaps in skills, resources or knowledge and to work out how this gap can be bridged, by the young person with the help of everyone around them. You revisit the skills and resources sheet to review if there had been a change once people have had a chance to follow through on their agreed plan from the previous meeting- e.g. does the young person feel they are able sort a wash and to use the washer confidently since the last review when it was agreed the foster carer would support them to practice and learn this, i.e. has this skill now moved from a 1 to a 3 as they are not sure which programme to use for different washes? How can it become a 5 and by when?

This tool can be used in conjunction with other resources for example, the appropriate ASDAN modules the NCAS 'Get Ready For Adult Life' work book which you can download the Ladder Action Plan – see appendix 1 attached or the SOOO Important tool- see appendix 2 attached.

What Care Leavers Have To Say : Getting the Balance Right!

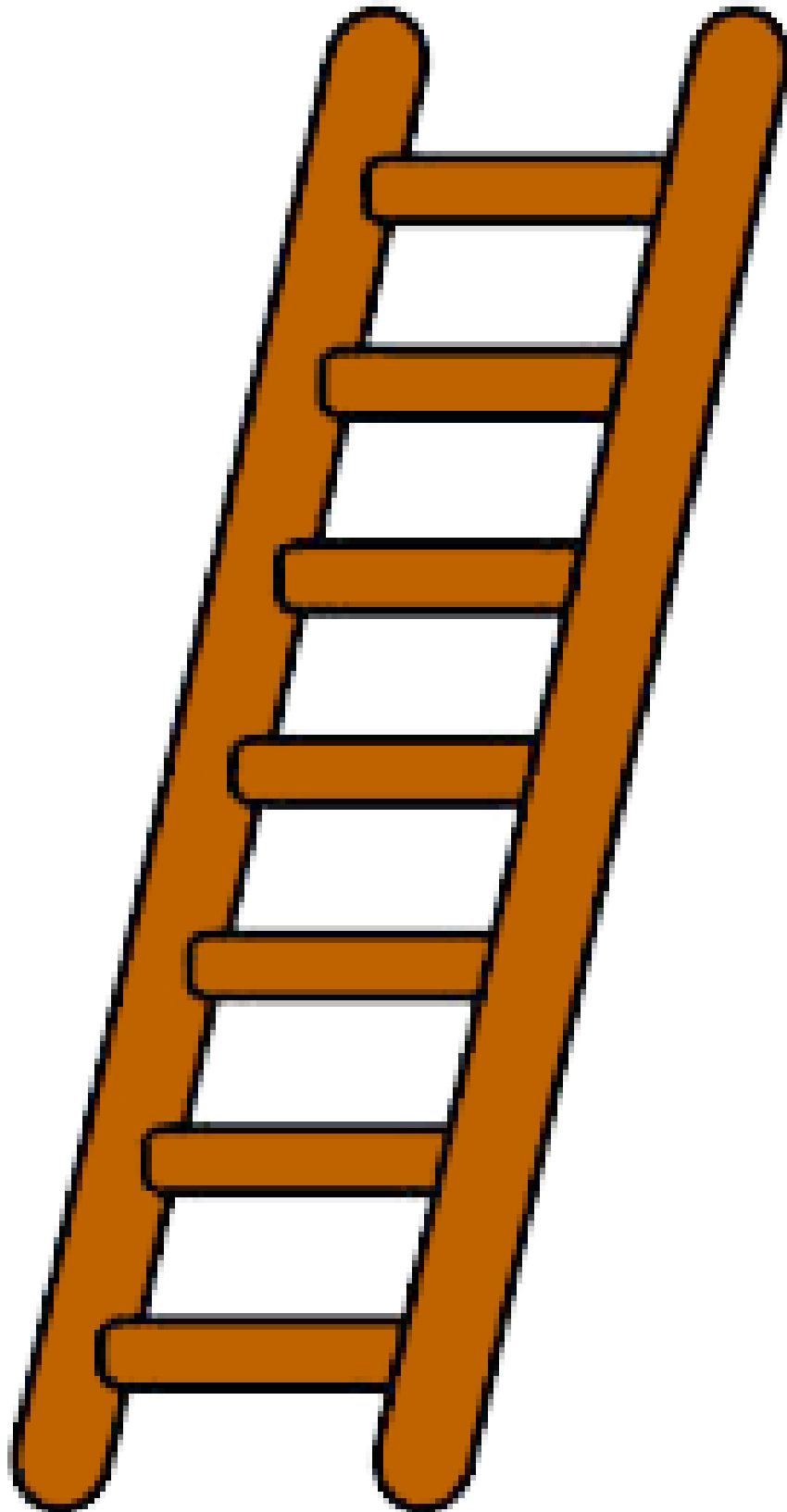


Appendix 1

Ladder Action Plan (LAP) - Guidelines

1. You can use the LAP to help you think, plan and take control of your own goals and decisions.
2. What is your goal; big or small, it doesn't matter? Place this at the top of the ladder - you can write on this page or write on a separate piece of paper, such as 'Sticky notes' or attach separate pieces of paper with blue-tack.
3. Where are you now on the route to your goal? You may be at the very beginning of the journey or part way along. Place a marker where you currently see yourself, either write on this page or write on a separate piece of paper and stick on to show where you are now, put a date on it.
4. What are the steps you need to take to reach your goal? Either write each step on this page or on separate pieces of paper and stick them on the ladder. Put today's date and a date when you think you can achieve the next step, once you have achieved that step, move on to the next one and give yourself another target date.
5. Who else can help you move up the ladder? Can your PA help? Can your foster carer, residential support worker, Inspira worker or anyone else help? Ask them what they can do, by when and put this on your LAP.
6. Things to remember:
 - Sometimes you may not reach each step along the way when you expect to and sometimes you may go down a rung or two, that's normal! This is what a couple of famous people had to say on the matter: "How could we have learned a better way of doing things, if we had never made mistakes?" Lailah Gifty Akita, so: 'If at first you don't succeed, try, try and try again!' Thomas H. Palmer 1840.
 - You can make your ladder longer or shorter at any time on the journey as you may find you can skip a step or you may find you need to add in some extra steps.
 - You may fall off the ladder altogether → you can get back on.
 - When people are committing to helping you, ask them to give you a date by when they will do it by so you can put this on your plan; you can ask them to initial and date the entry so they are clear what they are committing to do and by when.
 - Lightbulb moments - along the way there will be moments when things come together and make sense for you.
 - Finally, as it is your LAP, you can adapt it however you like, the guidelines are just suggestions!

LAP Ladder



'Winners are not afraid of losing. But losers are. Failure is part of the process of success. People who avoid failure also avoid success.'

R.T Kiyosaki

Sheppard and Rourke 2007 PCP tool

Appendix 2

.. It's SOOO important! Is it? Really?

It can help to stop and take a look a bit more closely at what is being proposed as 'SO important'; below is a tool which can help you and those around you do this. The tool can be used with anything being put forward as important for you, it can also be used by you or those supporting you when things seem to have got a bit blocked and no one can understand why as it's obvious that 'it' is so important.

Things to consider:

1. Who is saying it is important for you - you or someone else?
2. Why do they consider it to be so important? How important does each person involved rate it?
3. What specific reasons do they have for saying it's important for you?
4. What are the gains and losses for everyone involved in this transaction?
5. If you know what some of the gains/losses and blocks are it can help you and those supporting you move forward or change position.
6. Each person in the transaction can complete a sheet and compare them after completion
7. Use the table below to plot out your answer, ask the others involved in the transaction to do the same and then one of you take all the sheets and transfer all the information from them onto one sheet- you could ask your SW or PA to do this bit.

Using a person centred approach, the difference between what is important for you and what is important to you is very important.

What matters/ is important to you is what helps make you tick and is what you see as important, what matters / is important for you are the things which contribute toward you wellbeing- e.g. like needing a home . When things that are important for you are also important to you, you are more likely to be motivated to make them happen!

X's Perspective - Blank Form

What is it that is SOOO important?	Who says so?	WHO do they say it's important for?	WHAT reasons are given for saying it's important for the young person	What score would you give it ? <i>0= not important at all</i> <i>5= very important</i> <i>1-4= everything in between</i>	Gains as you see them	Losses as you see them	What would it take to change your score in relation to this issue? <i>(when you compare your perspective with the others does this change?)</i>

There is an example below:

Young Person's Perspective

What is it that is SOOO important?	Who says so?	WHO do they say it's important for?	WHAT reasons are given for saying it's important for the young person	What score would you give it ? <i>0= not important at all 5= very important 1-4= everything in between</i>	Gains as you see them	Losses as you see them	What would it take to change your score in relation to this issue? <i>(when you compare your perspective with the others does this change?)</i>
Example: Going to college	My SW, PA and my foster carer	Me (Jaki)	Because I need to get an education	0-1, its boring	none	All my mates are going to Kendal college not	I would need to be getting cash and seeing my mates.

Foster Carer's Perspective

What is it that is SOOO important?	Who says so?	WHO do they say it's important for?	WHAT reasons are given for saying it's important for the young person	What score would you give it ? <i>0= not important at all 5= very important 1-4= everything in between</i>	Gains as you see them	Losses as you see them	What would it take to change your score in relation to this issue? <i>(when you compare your perspective with the others does this change?)</i>
Example: Going to college	Me (foster carer)	Jaki	Because Jaki needs to get an education so she can get a job.	4-5,		none	If Jaki had a proper job with training as part of it.

PA's Perspective

What is it that is SOOO important?	Who says so?	WHO do they say it's important for?	WHAT reasons are given for saying it's important for the young person	What score would you give it ? <i>0= not important at all</i> <i>5= very important</i> <i>1-4= everything in between</i>	Gains as you see them	Losses as you see them	What would it take to change your score in relation to this issue? <i>(when you compare your perspective with the others does this change?)</i>
Example: Going to college	Me (PA)	Me (Jaki)	<p>1.If Jaki is not in education or training she cannot remain in this placement</p> <p>2. Jaki stands little chance of getting employment without getting some qualifications</p>	<p>4-5</p> <p>3</p>	<p>Jaki will continue to have a stable safe place to live where they get support and don't have to worry about paying bills, managing a tenancy etc for a bit longer as they are not ready for that yet</p> <p>Qualifications and a better chance of getting a job.</p>	<p>Jaki won't be able to have such regular touch with all her mates, especially Roz who she has said is her best</p>	<p>If Jaki was able to remain in this placement and do something constructive with her time, such as volunteering or maybe an apprenticeship which would help her to get a job and prepare for moving on</p>

SW's Perspective

What is it that is SOOO important?	Who says so?	WHO do they say it's important for?	WHAT reasons are given for saying it's important for the young person	What score would you give it ? <i>0= not important at all</i> <i>5= very important</i> <i>1-4= everything in between</i>	Gains as you see them	Losses as you see them	What would it take to change your score in relation to this issue? <i>(when you compare your perspective with the others does this change?)</i>
Example: Going to college	Me (SW)	Jaki	<p>1. If Jaki is not in education or training she cannot remain in this placement</p> <p>2. Jaki stands little chance of getting employment without getting some qualifications</p>	<p>5</p> <p>4</p>	<p>Jaki will continue to have a stable safe place to live</p> <p>Qualifications and a better chance of getting a job. Qualifications and a better chance of getting a job and less contact with 'bad influences'</p>	<p>1.Jaki and her foster carer will fall out and the placement will be at risk of collapsing.</p> <p>2. I won't be able to get another foster placement as they are all full, this means she will have to go to a hostel which I do not think will be good for her and don't think she will like it, she won't get the support she gets now.</p>	<p>If Jaki was able to remain in this placement and go to college, even if this was not full time</p>

Independent Living Skills and Resources Inventory: Housing

Name:

Date:

Initial assessment or review number:

Scale 0-5

0= doesn't know the correct answer, cant do yet or does not have the named resource

1-4= various stages in between

5= knows the correct answer, is fully confident and can demonstrate with ease or has the resource in their possession



Level 1 – Housing

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
What does being a tenant mean?					
Do you know what a 'Staying Put' arrangement is?					
Do you know what Homestays is?					
What should a landlord provide for you- name 3 things					

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
What is Housing Benefit and when should you claim it?					
What would you do if your reading lamp stopped working?					
What would you do if your shower stopped working?					
Do you know where to look for housing?					
Do you know what different housing options are open to you 16-18.					
Do you know what different housing options are open to you 18 and upwards?					
Do you know why there is a difference?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Anything else?					



Level 2 – Housing

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know what a 'tenants passport is?'					
Do you have one?					
What is 'Choice based Lettings'?					
Is your name on the local authority waiting list?					
You have to be 18 to go on it- True or False?					
What are the advantages of going on the list before you are ready to move on?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Care Leavers are a priority group for housing, True or False - What does it mean?					
If you don't move on form a Staying Put arrangement before you are 21, Housing no longer regard you as a 'Care Leaver' True or False					
Scenario: you receive letters from Housing/ your landlord saying you are in rent arrears of over £300, you have put in a claim for Housing Benefit, what do you do?					
Who would you contact?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
What amount of money would you budget for one week for housing costs? Rent, water, gas, electric, council tax, TV licence					
Can you think of different ways you can budget for the above?					
What is a security deposit or a bond? How much is it? Who holds on to this?					
Do you know how to change a fuse? When would you do this? Why are fuses different sizes and colours?					
Do you know how to change a light bulb?					
Are all light bulbs the same?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Where would you go to buy one?					
What is a rent deposit scheme? How does it work?					
Anything else?					



Independent Living Skills and Resources Inventory: Home Management

Name:

Date:

Initial assessment or review number:

Scale 0-5

0= doesn't know the correct answer, cant do yet or does not have the named resource

1-4= various stages in between

5= knows the correct answer, is fully confident and can demonstrate with ease or has the resource in their possession



Level 1 – Home Management

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know how to wash up-can you demonstrate?					
Can you change a light bulb- where would you go to get spares? Are they all the same?					
Can you make a bed-how would you change sheets?					
Do you know how to get rid of rubbish – how often are the bins collected?					

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Anything else?					



Level 2 – Home Management

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know how to use the hoover, do you know how to change the hoover bag or empty it if bagless? When would you empty it? How often do you think you should hoover?					
Can you name three different products you would use for three different household cleaning jobs					
What are the different steps involved in cleaning a hard floor – eg kitchen or bathroom					
Anything else?					



Level 3 – Home Management

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know how to clean the cooker? What products would you use? How often would you clean it?					
Do you know how to clean the toilet? What products would you use ? How often would you clean it?					
Do you know how to defrost the freezer, how often would you do it? What steps would you need to take?					
How would you clean you fridge inside?					
What steps should you take to avoid getting pests such as ants, cockroaches and rats?					
Anything else?					



Independent Living Skills and Resources Inventory: Money Management

Name:

Date:

Initial assessment or review number:

Scale 0-5

0= doesn't know the correct answer, cant do yet or does not have the named resource

1-4= various stages in between

5= knows the correct answer, is fully confident and can demonstrate with ease or has the resource in their possession



Level 1 – Money Management

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know the value of various coins?					
Do you go the local corner shop, are you confident to buy things?					
What about the local supermarket, do you know where it is? Are you confident to buy things?					
Do you think you know what the difference is between a 'luxury' and a 'necessity' – give some examples					

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Can you think of any ways to save money when shopping-give some examples					
Is buying 'reduced items' a good idea?					
Anything else?					



Level 2 – Money Management

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you have a bank account in your name?					
Do you know how to make a deposit or make a withdrawal?					
Do you know the difference between a debit and a credit card?					
Can you use a calculator to add, subtract, divide and multiply?					
Can you make your pocket money/allowance last for a week?					
Do you know what you spent your allowance/ pocket money on last week?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know what a 'loyalty card is?'					
Do you know how to write a cheque?					
Anything else?					



Level 3 – Money Management

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Can your budget your money for two weeks to cover shopping for food for two weeks, plus leaving enough to cover bills and essentials? Show us how!					
What essential bills have you budgeted for? Have you missed any					
How do you budget for clothes, tobacco and your phone out of two weeks money?					
Do you understand your bank statement- can you explain one to your PA					
Do you know how to contact your local tax office?					
Do you have a savings account?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you have any debts –if so do you have a debt repayment plan?					
Do you know what a bailiff is? When are you likely to meet one? What can you do if you know one is coming to visit you?					
Anything else?					



Independent Living Skills and Resources Inventory: Self Care - You and your Clothes!

Name:

Date:

Initial assessment or review number:

Scale 0-5

0= doesn't know the correct answer, cant do yet or does not have the named resource

1-4= various stages in between

5= knows the correct answer, is fully confident and can demonstrate with ease or has the resource in their possession



Level 1 – Self Care - You and your Clothes!

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know how to use deodorant, shaving cream etc?					
Do you change your socks/underwear regularly (before they smell!)?					
Do you shower or bathe regularly(before you smell?)					
How often do you change your clothes?					

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know how to keep your hair clean and in good condition?					
Do you know where to get your hair cut and are you confident about going to the hairdressers/barbers?					
Do you know what size shoes you take?					
Do you have suitable shoes?					
Anything else?					



Level 2 – Self Care - You and your Clothes!

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Can you read the labels on clothes and do you know what they mean?					
Can you sort clothes correctly in preparation for washing?					
Can you use a washing machine at home and at the launderette?					
What is dry cleaning?					
What Clothes would you wear for different occasions – eg going out with your mates, going to college, going out for a special meal, going to a job interview etc Can you think of any more?					
Can you iron a shirt, trousers, dress etc?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Anything else?					



Level 3 – Self Care - You and your Clothes!

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Can you take up the hem on your trousers/skirt if it comes down?					
Can you sew on a button?					
Can you wash special care items by hand?					
Anything else?					



Independent Living Skills and Resources Inventory: Self Care - Food

Name:

Date:

Initial assessment or review number:

Scale 0-5

0= doesn't know the correct answer, cant do yet or does not have the named resource

1-4= various stages in between

5= knows the correct answer, is fully confident and can demonstrate with ease or has the resource in their possession



Level 1 – Self Care - Food

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Would you remember to wash your hands before eating or preparing food?					
Can you order food in a café or fast food restaurant?					
What do people means when they say are you eating your '5 a day'?					
What is a healthy diet?					

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Can you use the toaster?					
Can you use the kettle?					
Can you use the microwave?					
Can you set the table?					
Anything else?					



Level 2 – Self Care - Food

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Can you make breakfast- if yes, what? If no- would you like to be able to make					
Can you prepare a snack, like a sandwich?					
Can you use cooking utensils, such as potato peeler, can opener, grater?					
Can you use the gas or electric cooker?					
Do you know which foods need to go in the fridge?					
How would you know when food was going off?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know what a sell by date means?					
Anything else?					



Level 3 – Self Care - Food

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Can you cook meals from scratch- eg spaghetti bolognaise or sausage and mash?					
Can you cook an evening meal? If not what would you like to be able to cook?					
Can you cook meals from a recipe book?					
Can you plan a weeks menu plan and shop for it on a tight budget?					
Anything else?					



Independent Living Skills and Resources Inventory: Friends and Family- navigating the rapids!

Name:

Date:

Initial assessment or review number:

Scale 0-5

0= doesn't know the correct answer, cant do yet or does not have the named resource

1-4= various stages in between

5= knows the correct answer, is fully confident and can demonstrate with ease or has the resource in their possession



Level 1 – Friends and Family - navigating the rapids!

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you have contact with your family, are you happy with this, rate it 0-5?					
If contact is limited do you know why? Skip if not relevant?					
Who are your 3 best mates? Rate 0-5 and say why- do people who know you agree?					

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
You are 17.5 and in supported housing, you have been spending Friday evening at your mates/girlfriend/boyfriends place, your SW has just found out and said you can't do that anymore until she has checked out the address – is this correct?					
Anything else?					



Level 2 – Friends and Family - navigating the rapids!

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Care Leavers often say loneliness is really hard when you leave your foster placement or residential unit. Can you think why?					
If you were in your own place and you had a problem, eg with a bill you didn't understand what would you do?					
If you have a party and the carpet gets trashed as a result- who will get stuck with the bill, you or your mates?					
You have a party and the neighbours call the police as they say the music is too load- can they do this?					
The police find evidence of drugs at the party- what is likely to happen?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Under questioning one of your mates says you were the one who gave them the drugs the police found on them when they came to ask you to turn down the noise - what is likely to happen?					
Anything else?					



Level 3 – Friends and Family - navigating the rapids!

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
One of your mates, who is 18 wants to stay over at your new place with his latest girlfriend, she is 15?					
Your best mate tells you he is gay and wants to bring his new boyfriend over to meet you, they are both 18, he usually stays over as he lives in Lancaster?					
Anything else?					



Independent Living Skills and Resources Inventory: Identity

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Level 1 – Identity

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you have an NI number?					
Do you have an NHS number? Do you know what you need one for?					
Do you have a Birth Certificate?					
Do you have a 'Health Passport'?					

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you have a 'Tenants Passport'?					
What is your favourite TV programme/soap?					
Who do you admire and why?					
Anything else?					



Level 2 – Identity

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
What do you feel good about in regard to your self, e.g. are you a good dancer, are you a kind person, do you have good dress sense, do you have nice hair or anything else?					
Anything else?					



Level 3 – Identity

- You may wish to do this exercise in private –its worth putting a date on it, if you choose to do the exercise again, later on, you may be interested to see what might have changed or stayed the same over time.
- Take the list below and pick out the ones which apply to you ,
- LIST OF SOME POSSIBLE ID CHOICES and things you consider important to your identity ! Pick as many or as few as you like and add your own as everyone is unique!

ordinary	student	Asian	party animal	in care	hardworking	kind	English	disabled
likes a drink	Welsh	conscientious	funny	a ‘geezer’	a poet	shy	funny	uncle
thoughtful	thin	Irish	calm	lesbian	swimmer	care leaver	fat	nephew
Muslim	British	stupid	sporty	Christian	Base ball cap	gay	Geordie	mate
homeless	Adidas trainers	trans	Barovian	loser	friend	white	son	loaner
Bi/bi curious	part of a family	Thai	daughter	self-harmer	sharp	black	naive	Jewish
streetwise	smoker	intelligent	anorexic	marra	drug user	naughty	Blue hair	nice
adventurous	niece	spotty	heterosexual	criminal	Football fanatic	geek	goth	chav
fostered	aunty	Scottish						

..... Add any other ones you can think of

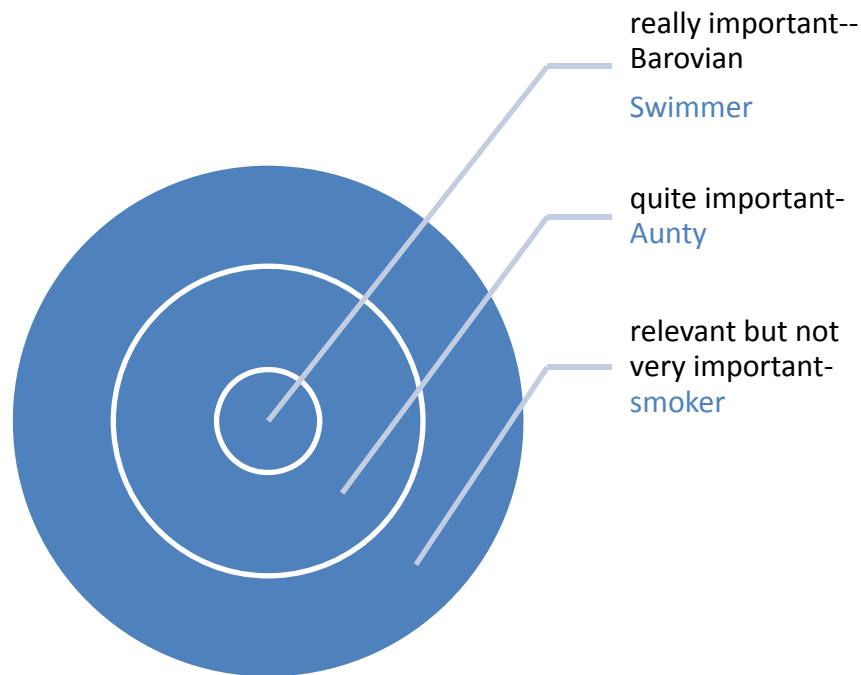
- You can do it any way you like, tick them, number them, cut them out and put in order of importance, put them in a grid or a table like ‘Example 1’ one below, draw circles like on a dart board with you at the centre and put them as near or far from the centre as feels right – ie near is very important, far is not important, like ‘Example 2’ below
- Are you happy with this ID ?
- Give a score to show how happy you are with your current ID (You can score as a total or score each individual aspect)Would you like to change parts of it? If so how much and what would you like to change? Who can you speak to about what you would like to change
- Share as little or as much of your list/diagram/tick sheet with your PA or carer



Example 1

ID Profile	Aspects I am happy to share	Aspects I like- score 1-5	Aspects I want to change – score 1-5	Who can I ask for help advice,	Date to Review Skill set:
Eg: Barovian	Barovian	Barovian -5			
smoker	smoker		Smoker- 2	CLA nurse, GP, PA	
aunty	aunty	Aunty-3			
fat	fat		Fat -4	CLA nurse, GP, PA	
swimmer	swimmer	Swimmer-4			
self-harmer					Self-harmer

Example 2



Aspects I am not ready to share yet



Independent Living Skills and Resources Inventory: Education, Training and Employment

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Level 1 – Education, Training and Employment

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know who is your INSPIRA worker is?					
What do you do at school/college? Think of 3 things, rate them from 0-5					
What are you intending to do next academic year? If you are not exactly sure, what would help you decide? Do you need help with this?					

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Have you got a National Insurance number- what is it and why is it important?					
Anything else?					



Level 2 – Education, Training and Employment

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
<p>How clear are you on a scale of 0-5 about what you want to do for a job, now and in the future?</p> <p>If yes, do you know what qualifications you need; if you don't know, do you know who can help you find out?</p> <p>If no, what would help you decide?</p>					
<p>Do you know what Financial support you can get if you stay on to do further education?</p>					
<p>What does being an apprentice means?</p>					
<p>Do you know what the National Minimum Wage is? Does it make a difference what age you are?</p>					
<p>Do you know what to do if you lose your National Insurance Number?</p>					

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
What is the difference between a grant and a loan?					
What's Income Tax and who pays it?					
True or False You can work 'cash in hand' and still claim benefits. What are the issues? What is working 'cash in hand'?					
Anything else?					



Level 3 – Education, Training and Employment

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
True or false: as a care leaver you can ask your local authority to consider/ assess? What support they will give you to return to education, up until your 25th birthday?					
What is a tax code? Who gets one and how is it calculated? If you didn't agree with it what would you do?					
Return to education doesn't just mean university- true or false?					
What is Student Finance UK?					
How much is the student bursary for care leavers going to university?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know how much the current student grant and student loan amounts are in England ? If not do you know where you could find this out?					
If you want to go to Uni when do you have to apply by? Who can advise you?					
True or False? Only people over 21 get a contract from an employer					
What kind of skills do you think you have which relate to education or training?- eg would you rate yourself as a '5' in regard to hard working , or maybe a '2' in terms of likes writing, and paperwork or a 3 in terms of 'speaking to people'					
Anything else?					



Independent Living Skills and Resources Inventory: Healthy Life Styles

Name:

Date:

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Level 1 – Healthy Life Styles

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you have a GP?					
Do you have a dentist?					
Have you had your eyes tested in the last year?					
Legal Highs are safe, fun and legal - true or false?					


Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
E-cigs safe, fun and legal-true or false?					
Anything else?					



Level 2 – Healthy Life Styles

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
How many portions of fruit and veg should you eat a day (does this include chips?)					
How much water should you drink a day? If you don't know, how can you find out?					
How much water do you drink a day? Do you need to increase it?					
Why do tea and coffee not count as water?					
What is your favourite meal? Is it 'healthy'?					
How much exercise do you take a week, do you need to increase it? How could you increase it if you need to?					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
<p>How much is a unit of alcohol? Is it different depending on what it is you are drinking, eg bottle of Wicked v a can of Special Brew?</p>					
<p>What are the maximum weekly units of alcohol a young woman (over 18) should drink a week? Is it the same for a young man (over 18) Do you need to cut down? How could you do that if you needed to? If you stop smoking, how long does it take for nicotine to leave your body? (FACT:if you stopped smoking 10 cigs a day you would save over £1000 a year!) If you smoke, on a scale of 0-5 how much do you want to give up? What would make it more likely? If you wanted to give up, what steps could you take</p>					
Anything else?					

Level 3 – Healthy Life Styles

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Can you cook a health meal form scratch?					
When is the right time to have sex?					
<p>If you ever got pregnant by accident have you considered what you would do?</p> <p>OR- If your girlfriend got pregnant by accident what would your view be?</p> <p>What is you view on abortion?</p> <p>If you wanted an abortion do you know how you would go about getting one?</p>					



Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Do you know what the 'Morning After Pill' is? Do you know where you can get it from?					
Anything else?					



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Level 1 – _____

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:

Question	Your Answer	Your score and if its not a 5, how can you take it up by 0.5 or 1 scale point? When can you do this by?(give a date) Sign and date entry	Your Carer or PA's comments	Your carer or PA's score, what can they do to help you take it up by 0.5 or 1 scale point? What date will they do this by? Sign and date entry	Date to Review Skill set:
Anything else?					

