

Independence & Living Skills Course

Week 1: Autism and how it affects me

The aim of this session is to:

Welcome everyone to the group, begin to get to know the facilitator and the rest of the group, to discuss people's feelings towards Autism and how they feel it affects them, and talk about some of the challenges people may experience.

By the end of this session, people will have:

- Become more familiar with the group facilitator and other members of the group, utilising a variety of social skills.
- Discussed how they feel about Autism and how it affects them.
- Talked about some of the challenges they may experience.
- Identified what they would particularly like to discuss as part of this six week workshop.

Week 2: Me, my personality and interests

The aim of this session is to:

Identify what people like about themselves and are proud of and what people like about others. People will discuss the things which interest them and the things which are really important to them and their lives. This session will consider what people see as being a positive part of their personality. It will also discuss any challenges people may have experienced when their interests have not been respected, how it made them feel, and how they dealt with it.

By the end of this session, people will have:

- Discussed their interests, likes and important people and things in their lives.
- Talked about times when they feel their interests have not been respected and how this made them feel.
- Considered ways to deal with situations when they feel people may be misunderstanding them or not respecting their needs.

Week 3: My social challenges and how I can deal with difficult situations

The aim of this session is to:

Identify the challenges people experience in their own home and in their communities and places they enjoy going to, such as misunderstanding people, people misunderstanding them, difficulties with social cues and social places, such as going shopping or meeting friends in a local pub.

By the end of this session, people will have:

- Discussed the things which may challenge them in their own home.
- Discussed the things which may challenge them in their communities.
- Talked about social situations, cues and boundaries.
- Identified ways to manage social situations when things become difficult.
- Talked about social tasks and enjoyments which people enjoy doing already and things which they would like to do.

Week 4: :My health and personal care

The aim of this session is to:

Identify the importance of good health, why this is important and the possible consequences of poor health. The session will discuss different health needs, talk about personal care issues and people who would be able to provide additional support, and provide idea's and resources for developing a Personal Health Action Plan.

By the end of this session, people will have:

- Discussed the importance of good health and personal care.
- Identified the possible consequences of not looking after your own health.
- Listed organisations who can provide specialist support in relation to health, and how to contact them.
- Developed a Personal Health Action Plan and know how to continue to develop this individually or with support.

Week 5: Knowing about my money

The aim of this session is to:

Identify the importance of keeping money safe and keeping yourself safe when using money, to consider budgeting and knowing how much you can spend, knowing how to

make sure you are being treated fairly with your money and knowing your rights about money and who can offer additional support.

By the end of this session, people will have:

- Identified the importance of money and the concept of monetary value.
- Suggested ways to keep themselves and their money safe.
- Know where to get additional support in relation to managing your money and knowing your rights.

Week 6: Planning my future

The aim of this session is to:

Discuss how people want to plan for their own future, the challenges they wish to overcome and the support they feel they will need to achieve their goals. The session will provide people with resources to begin a person centred plan individually or with support.

By the end of this session, people will have:

- Discussed their ideas for their future, challenges this may present and support they will need to achieve their goals.
- Begun a person centred plan and know how to get additional support to continue to develop this.
- Recapped the six week workshop and completed an end of course assessment.
- Received a Certificate of Achievement from completing the workshop.

Delivery and learning styles

The workshop will be delivered using a range of learning activities including; discussions, worksheets, flip chart activities, DVD's and quizzes. People will be encouraged to take part in all of the learning activities but will not be placed into situations which make them feel anxious or uncomfortable.

Resources for personal development

Each person attending the workshop will be provided with a folder which is divided into six sections, one for each session, and will be provided with copies of session notes, activity sheets and a range of additional resources, reference sheets and signposting documents. By the end of the course, each person will have a complete file of information, and personal achievements.