



focus

Independent living



ASDAN

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Sample

Welcome

You are starting a module called

Independent living

As you work through the activities in this module you will be asked to:

- speak
- listen
- record
- write
- make choices
- make things

You may choose to sign your answers.

Your evidence may include:

- photographs
- work done on a computer
- sound/video recordings
- completed worksheets

As you complete each activity, you or your mentor can tick the box alongside the activity and the corresponding box on the **Record of progress** (pages 4-5).

When you have finished this module, remember to complete the **Review** and **Next steps** sections at the end of the book.

Record boxes

At the end of each section you will find a page of record boxes:

Your mentor can use this box 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.

Activity:

Comments:
Mentor/Supervisor/Candidate

Skills:

Evidence ref:

Mentor/Supervisor
signature:

Date:

This box highlights skills you have used well. For example: communication, numeracy, using ICT, teamwork, coping with problems, learning.

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

This box shows where the work is filed in your ring binder (or elsewhere).

Section 1

Making breakfast

1

Choose what to eat for breakfast.

✓

2

Check you have the ingredients you need.

3

Collect the utensils you need.

4

Wash your hands.

5

Make your breakfast.

6

Cook your food if you are having a hot breakfast. Show you know about safety when using gas or electricity.

7

After you have eaten, clear away your plate, knives, cup, bowl, etc.

8

Wash up your breakfast things.

9

Clear the work surface and leave things clean and tidy.

Section 1

Making breakfast

Activity:

Comments:
Mentor/Supervisor/Candidate

Sample

Skills:

Evidence ref:

Mentor/Supervisor
signature:

Date:

Section 9

Project

In this section you can choose your own activity.

Here are some ideas:

- Diary – helping to run the home
- Community service – helping others
- Work experience
- Visit and use a launderette
- Visit a hotel
- 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.

✓

Section 9

Project

Activity:

Comments:
Mentor/Supervisor/Candidate

Sample

Skills:

Evidence ref:

Mentor/Supervisor
signature:

Date:

Other modules in the Focus series:

Getting started	FOCUS01
Communication: introduction	FOCUS02
Communication: progression	FOCUS03
Horticulture	FOCUS04
Meal preparation and cooking	FOCUS06
Money	FOCUS07
Numeracy: introduction	FOCUS08
Numeracy: progression	FOCUS09
Using computer technology	FOCUS10
Using leisure time	FOCUS11
Using transport	FOCUS12



FOCUS05/1