

## Example of worksheets



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**Down Syndrome  
Training & Support  
Service Ltd**

Registered Charity No.1130994  
A company registered in England and Wales  
Number 6915555

# 'I can shop, cook and clean'

## Independent Living Skills for adults with Down syndrome

Learning how to live on your own

# Learning to live on my own

## TIMING

This programme is written to be delivered one day per week for 4 hours, including one hour for lunch. It is a ten week course.

10am to 12pm active learning

12pm to 1pm lunch

1pm to 2pm reinforcing the skills introduced from the morning session. This will include worksheets.

## LUNCH

The first week of the course you are asked to bring a packed lunch. Following this every week the young person will be shopping to buy items to make their own lunch. Please can they be provided with a debit card or cash to pay. Ideally a debit card is preferable.

## HOMEWORK

Every week you will get a copy of the worksheets and a list of tasks to complete at home. These tasks will be to help you continue to learn the skills we have covered that week.

We will ask you to keep a photo diary which we will print out each week to build into a personal book of living skills.

It is very important that the student gets to practice the skills as we will be assessing

them during the second half of the course.

## FLOW CHARTS

As we move through the course flow charts will be created to help with the use of washing machine, hob, microwave, etc. These will be sent home to use. However it may be that the home equipment is different from our equipment and it is suggested that you use our flow chart as a template to create one for home.

## AGE

18+, there is no upper age limit.

## COST

£46 per day.

If you do not receive Direct Payments for your young person and cost is an issue please contact the office. We do not wish to exclude anybody due to cost.

## EVALUATION & CERTIFICATE

Over the second half of the course skills will be assessed and a certificate of achievement will be received.

## INTERESTED IN TAKING PART?

If you would like to register your young person/adult on the course please contact the Office, details overleaf, Thank you

	AREA	TASKS TO MASTER
1	Bedroom	Make a bed, iron clothes, fold clothes, hang clothes, sort clothes into summer/winter, old/new, clean/dirty. Tidy, dust and vacuum .
2	Kitchen	Wash up, dry and put dishes and cutlery away. Go shopping. Sort food into fridge or cupboard. Use a microwave, toaster and kettle to make lunch.
3	Living room	Tidy, dust and vacuum a room. Understand TV remote control, batteries, Xbox, plugs and sockets. Change a light bulb. Open and close window blinds. Make lunch using microwave.
4	kitchen	Understand the use of the fridge and washing machine. Wash and hang items to dry. Go shopping and use the hob, tinopener and kettle to make lunch. Wash up.
5	Bath-room	Understand hot and cold water taps. Understand difference between cleaning chemicals and body wash chemicals. Clean sink, toilet and floor. Understand when towels need changing. Understand when toothbrush needs changing. Make an omelette for lunch using hob and kettle.
6	bedroom	Change bedding x3. Revise rest of week 1 tasks. Score each task. Total possible score 30. Take note of any areas of difficulty. Make lunch using hob and kettle.
7	kitchen	Use toaster, kettle and microwave independently. Revise rest of week 2. Total possible score 30. Make microwave lunch.
8	Living room	Understand plugs, sockets, batteries, light bulbs and electric items. Revise rest of week 3. Total possible score 25.
9	Kitchen	Load and activate the washing machine. Go shopping and make lunch independently. Revise the rest of week 4. Total possible score 30.
10	bath-room	Understand and sort chemicals for body/bathroom. Clean the bathroom. Revise rest of week 5. Total score 35.



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## **Registration form**

**Your name**

**Your age**

**Your parent or carers name**

**Email**

**Telephone**

**Which day is best for you?**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**