



## BRENT SKILLS FOR INDEPENDENT LIVING: INDEPENDENCE SCALE

Task	0	1	2	3	4	5	6	7	8	9	10
<b>Safety at Home</b>	No opportunity	Awareness of personal safety risks in the home environment	Can manage safety risks in the home without direct supervision	Awareness & ability to use phone/ telecare to summon help	Knows to ask who is at the door & use spyhole/ window to check	Can be left for a short period of time with remote support	Can be left for short period of time without support	Awareness of how to respond to emergency situations and to go to place of safety if needed (e.g. next door neighbour)		Can be left for longer periods without support	Safe at home independently
<b>Cooking</b>	No opportunity	Awareness of kitchen safety	Awareness of kitchen hygiene	Cold snack with support	Cold snack without support	Uses appliances safely	Hot snacks with support	Hot snacks without support	Plan meal with receipt/ pictures	Hot meal with support	Hot meal independently
<b>Shopping for Groceries</b>	No opportunity	If unable to read/ write make picture list	Check what's needed with support	Make list with support (writing or pictures)	Make list without support	Choose shop & how to get there with support	Use list to select items with support	Uses list to select items without support	Use checkout with support	Use checkout without support	Shop independently at small shop/ supermarket
<b>Safety Awareness in the community</b>	No opportunity	Awareness of road safety	Awareness of stranger danger	Can manage road safety/ stranger danger with support		Can manage road crossing with shadowing		Can manage social interactions and unplanned situations with shadowing		Seeks help if needed & can access community without shadowing	Can move onto travel training- safety awareness achieved
<b>Travel on Foot</b>	No opportunity	Decide where to go & why	Basic safety awareness	Road safety awareness	Walk the route with support		Walk route whilst shadowed	Walks route independently - to be met at destination	Plan route without support		Can walk route independently
<b>Travel on Public Transport</b>	No opportunity	Decide where to go & why	Awareness of public transport safety	Plan journey with support	Travel the journey with support	Plan the journey without support	Travel whilst shadowed only	Travels route independently met at destination	Has strategies that will be used to cope with journey disruption or unexpected diversions		Can travel independently



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<b>Cleaning Room/ Home</b>	No opportunity	Awareness of need for housework	Basic health and safety awareness	Safe use of appliances	Safe use of cleaning products	Completes cleaning tasks with support	Can complete tasks without support	Create weekly/ monthly cleaning plan, and can follow plan with support		Can implement plan without support	Can complete housework independently
<b>Laundry</b>	No opportunity	Awareness of need to complete laundry	Can identify dirty clothes & put in basket with support	Can bring dirty clothes to washing machine, separate whites & load with support	Can identify laundry detergent, correct amount, put in machine with support	Can take clothes out & hang them out to dry with support	Can fold & put clothes away with support	Can complete full sequence of tasks with minimal support		Can complete full sequence without support	Can complete laundry independently
<b>Keeping Well</b>	No opportunity	Find information & choose services with support	Visit & attend Services with support	Plan healthy lifestyle & follow plan with support	Awareness of health appointments and can schedule & respond to appointments with support		Can attend services with shadowing	Can Follow healthy plan, attend services, schedule and attend appointment with minimal support		Attend services/ appointments independently	Access services and follow/ update plans independently
<b>Activities</b>	No opportunity	Find information & choose activity services with support	Visit services & has taster session with support	Engages in activity and interacts with others with support	Attends, engages & interacts with observation only	Attends, engages & interacts with support & start & end only	Engages & interacts without support at activity	Can arrange attendance at/ travel to activity with support	Can attend without support	Can manage unplanned situation e.g. activity not on that week	Can access activity/ service independently (inc. travel)
<b>Preparing for employment: voluntary or paid</b>	No opportunity	Can express type of employment they wish to engage with	Can list experience & skills they have and will need with support	Can build CV with support & identify opportunities to build skills with support	Access employment services with support	Access & approach employers with support	Choose & apply for positions with support	Attend interview or taster session with support	Access services without support	Attend interviews/ taster sessions without support	Applying for positions independently or achieved voluntary/ paid employment



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<b>Information &amp; Advice</b>	No opportunity	Can find relevant information with support	Can understand information with support	Can use information with support		Can use information without support		Knows where to go to receive support to access information in the future		Knows how to access & can understand & use information/ advice in the future without support	
<b>Money</b>	No opportunity	Understands concept of money	Can identify coins	Can identify bank notes	Understands basic value of different coins/ bank notes	Can relate money value to items value	Can complete low value purchase e.g. pint of milk with £1 coin	Can add/subtract some monies e.g. £10 note + £10 note = £20	Can complete larger value purchase e.g. take-away dinner with £10 note		Can safely manage sums of money & make payments
<b>Budgeting</b>	No opportunity	Understands concept of & need for budgeting	Can make a list of weekly expenditure w& add up cost to provide weekly budget with support	Can identify bills and set up payment of bills with support	Can identify bank, and bank statement, incomings & outgoing with support	Can access benefits & understands how much income they have with support	Can follow weekly budget with support	Can follow weekly budget without support	Can pay bills, access benefits & access bank without support. Knows how to identify that they are spending over their means, not paying bills or struggling and knows where to go for information or advice.		Independent with budgeting
<b>College/ Education Courses</b>	No opportunity	Find information about colleges & courses with support	Find information without support	Visit college/ service & enquire about course with support	Enrol on course with support	Visit services & enrol without support	Attend interview with support	Attend taster day/ sessions with support	Attend & engage with course with support	Attend & engage without support	Can access independently