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| --- | --- | --- | --- | --- | --- | --- |
| **Increasing age** (early years to 25 yrs)  skills development is not always a linear process | | | | | | |
| **Eating** | joins in with snack time and mealtimes | Increasingly confident and independent in joining in snack and mealtimes | Uses cutlery and sits at table | Cooks at school and home with help | Makes own food | |
| **Hygiene & self-care** | Potty trained and can use a toilet | Increasing independence with washing, brushing teeth and hair | Gets dressed independently |  |  | |
| **Taking Responsibility** | Expresses own preferences and interests | Takes responsibility of carrying out small tasks | Adjust behaviour to different situations and contexts | Tidying own room | Cleaning house | |
| **Time Management** | Developing awareness of now/next, using a visual timetable, sequencing the order of familiar events | Telling the time | Managing own time |  |  | |
| **Money** | Playing shops with plastic coins | Paying in shops (supervised) | Understanding money – paying for snacks in school | Making decisions about what to spend money on – supported budgeting | Managing bills (e.g. mobile phone) | Managing potential income including Personal Independence Payments |
| **Independence from adults** | Separates from main carer, with support and encouragement from a familiar adult | Shows confidence to ask for help when needed | Purposeful supervised community visits – walking to local shop to buy ingredients for cooking or snack, taking the bus to visit the library etc | Sleep-overs and residential trips | Socialising unsupervised in town / local community | |
| **Movement and travel** | Moving around the school independently | Transport and road signs | Travel training |  |  | |
| **Safety** |  |  | Being safe in your home and online | Understanding different types of living arrangements – what arrangements are positive and possible for each YP |  | |

**Resources / Who can help**

[No Place Like Home Kit](https://www.preparingforadulthood.org.uk/downloads/independent-living/no-place-like-home-guide.htm)

[Down’s Syndrome Housing Guide](https://www.downs-syndrome.org.uk/for-families-and-carers/day-to-day-support-for-adults/housing/)