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STAGE 2 — CHAPTER 7

Building skills for your transition • Worksheet 1

Conduct a skill review

Use this worksheet to identify the skills you want to focus on before you change your living situation.

STEP 1

Use the table on page 2 of this worksheet to list the tasks or situations where you want to build your skills **A**.

Tip: It may be useful to refer to your **'With me' vs 'For me'** worksheet from Stage 2, Chapter 4: **Planning your supports**. The tasks you wrote down in the 'with me' section of the worksheet will most likely relate to the skills you need for making this move sustainable.

Use additional paper if necessary.

STEP 2

In the second column, write down how this task is currently managed in your existing living situation **B**.

STEP 3

In the third column, list the skills you currently have that relate to this task **C**.

For example, if the task relates to food preparation, there may be kitchen tools or appliances that you are comfortable using, or particular meals you know how to prepare.

STEP 4

In the fourth column, note down:

- the skills that would be necessary to make your new living situation possible (i.e. minimum requirement) **D**
- if relevant, the skills that you want to build in the long-term **E**.

Remember, not every task needs a long-term skill-building goal. In many instances, the 'minimum requirement' will be entirely sustainable providing that works for you. Long-term skill building is only relevant when it applies to something you are trying to build independence towards.

STEP 5

Identify which skill(s) is your highest priority; note this down in the second table along with the steps you need to take to make this happen **F**.

<div>A</div> Tasks/Situations e.g. preparing meals, spending nights alone
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F

High-priority Skills: (to focus on in the short term)	Steps I need to take for that to happen:

Once you have completed this worksheet, keep it on hand. You will use it when you get to Stage 2, Chapter 10: **Getting ready for action.**

Sometimes working through these stages helps identify things you didn't think of before.

If completing this task helps you see something is missing from your previous worksheets, go back and update them now.