

# INDEPENDENT LIVING SKILLS

Experience Skills for Living Independently in our dedicated Skills for Life studio.

Independent Living Skills will form part of your whole experience at KITE College alongside your chosen vocational subject.

## Who is it suitable for?

All our learners.

## What are the aims of the course?

Independent living skills enables the learner to experience a combination of topics which provides an opportunity to develop their knowledge and skills that they will require to look after themselves independently.

Both theory and practical tasks will support confidence to make safe choices and have an awareness of how to look after themselves.

This programme consists of a combination of units from:

- PSD units covering the knowledge/skills required to prepare for independence.
- Practical life skills for example cooking skills.



## What areas are covered in this programme?

- Health & Safety & First Aid
- Money Management
- Healthy Living
- Personal Safety



Want to know more? Please contact: [reception@kite-college.org](mailto:reception@kite-college.org)