



Module 4

Independent Living Skills

2023-1-RO01-KA210-VET-000166400

Erasmus+ KA210-VET – Small-Scale
Partnerships in Vocational Education and Training



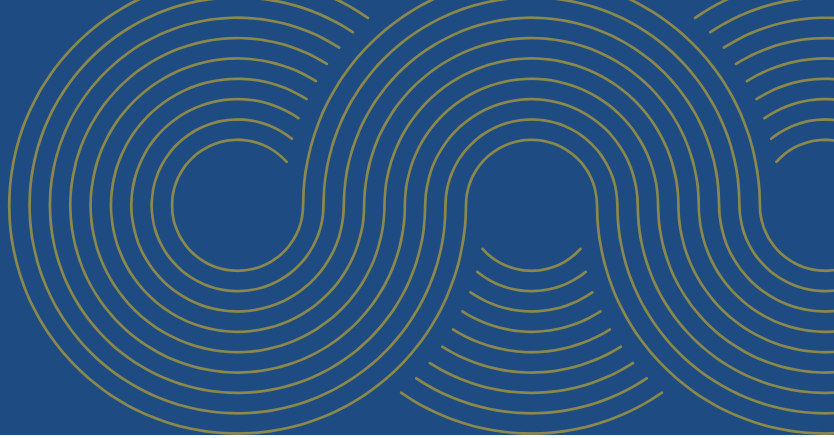
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WHAT ARE INDEPENDENT LIVING SKILLS?

Independent living skills are the things you do every day to take care of yourself and your space.

They help you feel **safe, clean, healthy, and confident.**

These include:

- Personal hygiene (washing, brushing teeth)
- Keeping your space clean
- Preparing simple meals
- Managing money
- Organizing your time and routines



*Asociația de Reziliență și Suport în
Sănătate Mintală a Spitalului de
Psihiatrie și pentru Măsurile de
Siguranță Jebel*



WHY ARE THEY IMPORTANT?

- They help you **feel proud** of yourself.
- You have **more control** over your daily life.
- People respect you more when you care for yourself.
- They prepare you for living more independently in the community.

KEY AREAS OF INDEPENDENT LIVING

A. Personal Hygiene

Examples:

- Shower or wash daily
- Brush teeth twice a day
- Comb your hair
- Wear clean clothes
- Wash hands after using the toilet and before eating

B. Cooking Simple Meals

You don't need to be a chef!

Start with:

- Making sandwiches
- Boiling eggs
- Cooking pasta or rice
- Cutting fruit or vegetables

➡ Always clean up the kitchen after use.

C. Cleaning Your Space

- Make your bed every morning
- Sweep or vacuum the floor
- Wipe tables and surfaces
- Empty trash regularly
- Open windows for fresh air

D. Managing Money

- Know how much money you have
- Write down what you spend
- Buy what you need first (food, hygiene items)
- Save a small amount for later

E. Organizing Time

- Use a calendar or notebook
- Write important appointments
- Make a daily schedule (wake up, meals, cleaning, rest)
- Plan one “fun” activity each day (music, walk, hobby)

PRACTICAL EXERCISES

Exercise 1: My Daily Routine Chart

Draw a table with:

- Morning | Afternoon | Evening
- Fill in simple tasks:
- Morning: brush teeth, make bed
- Afternoon: lunch, walk outside
- Evening: shower, read or relax

Check off tasks each day.

Exercise 2: Hygiene Checklist

Make a list:

- ☐ Brush teeth (morning & night)
- ☐ Wash face
- ☐ Change clothes
- ☐ Comb hair

➡ Tick each box after you do it.

Exercise 3: Cooking Practice

With a therapist or caregiver:

- Pick **one easy recipe** (sandwich, salad, boiled egg).
- Prepare ingredients together.
- Cook step-by-step.
- Eat and enjoy!

Write down: **What I made today:**

Exercise 4: Room Clean-Up Challenge

Set a timer for **15 minutes**.

- Make bed
- Pick up clothes
- Wipe one table
- Throw out trash

➡ Small cleaning every day keeps your space nice.

Exercise 5: Budgeting Game

- Write how much money you have: € _____
- Make two columns: **NEEDS** (food, soap) and **WANTS** (soda, candy).
- Decide what to buy first.

➡ This helps you plan better.

Exercise 6: Weekly Planner

Draw 7 boxes (one for each day).

- Write 1 hygiene task, 1 cleaning task, 1 fun activity.
- Example:
 - Monday: Shower – Sweep floor – Listen to music
 - Tuesday: Brush teeth – Empty trash – Short walk

REFLECTION QUESTIONS

1. Which daily task is easiest for me?
2. Which task is hardest? Who can help me practice it?
3. How do I feel when my room is clean?
4. What new skill would I like to learn (cooking, laundry, money)?

ACTION PLAN

- One hygiene habit I will do every day:
- One meal I will learn to cook this week:
- One cleaning task I will do tomorrow:

KEY MESSAGE

Taking care of yourself is not about perfection.

It's about **small steps** that make you feel better each day.

Every clean shirt, every tidy room, every simple meal is a sign of progress.

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