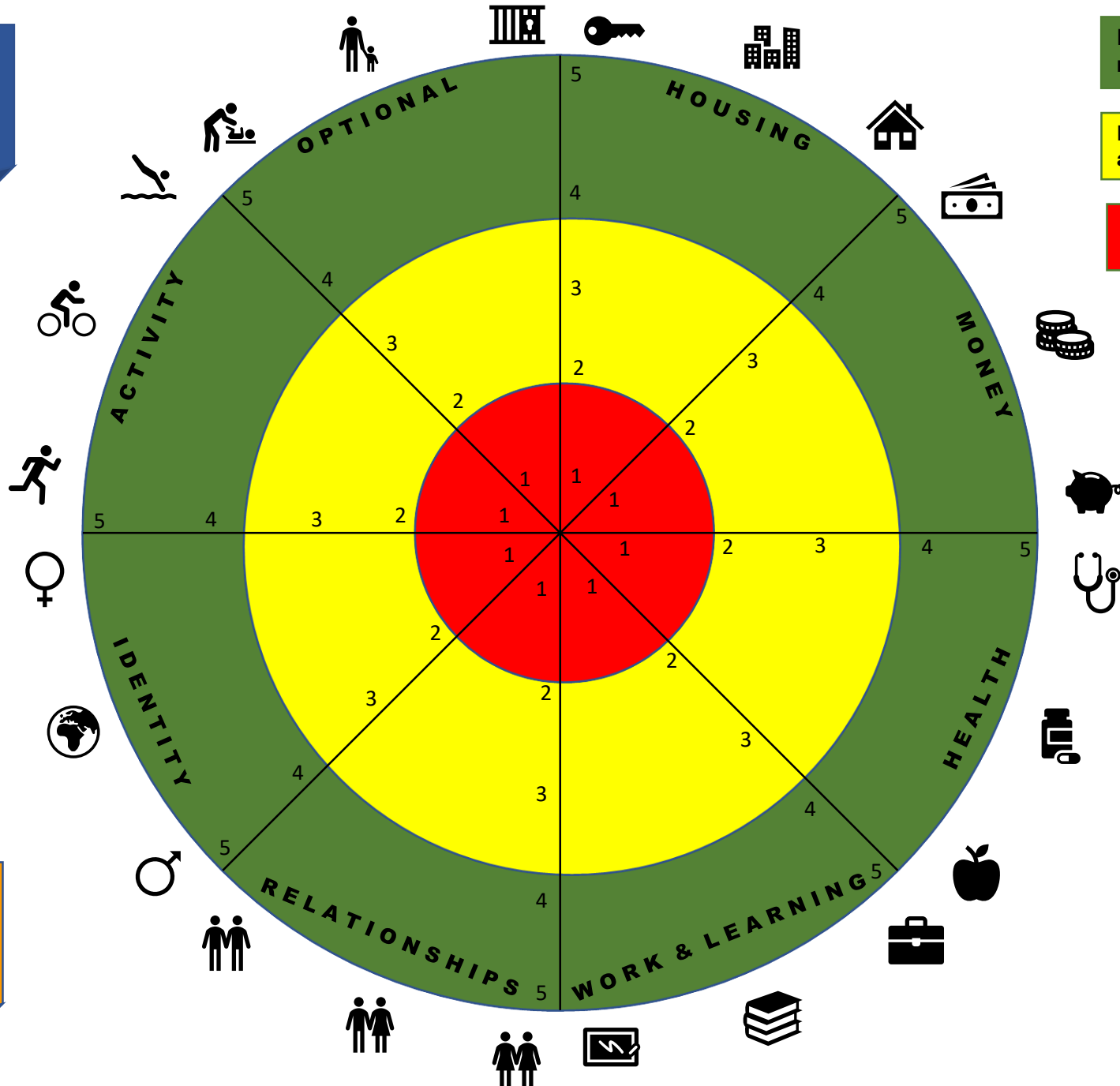


Self Assessment

Preparing for Adult Life

You can complete this on your own, with your carer, worker or someone else who knows you well. For each part of life, make a mark from 1 to 5 to score where you are at the moment. Look at your last or current pathway plan to help you see what has changed. Have a conversation with your carer or worker about how you can develop further using any of the tools listed, housing programmes or self directed learning.

Preparation for Adult Life



I can manage on my own

I need information / advice / guidance

I need help / support

Skills
for
Life



ASDAN
Living
Independently