



fostering
therapeutically
SINCE 1987



Life Skills Development

Level 4

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Name:



Life skills development is an ongoing journey, with new skills being learned all the time.

This booklet is the last part of your teenager's journey and contains key skills and knowledge that they need to learn in preparation for adult life. There is no deadline for completing this booklet, they will learn at their own pace, with your support.

Encourage them to try new things and record in the booklet what they have achieved and when. Discuss their progress regularly with your Supervising Social Worker and Fostering Advisor, and share their progress with the Local Authority Social Worker.

You will find information and resources to help your teenager achieve the skills and knowledge to complete this booklet on our I-SPACE website, www.i-space.org.uk

Health and Hygiene

	Tick	Date Achieved/Any Examples
Knows when to contact a doctor, visit the dentist etc. and can make their own appointments.		
Attends health appointments on their own (you might still transport them, depending on location).		
Can take prescription/over the counter medication safely and appropriately.		
Enjoys sports/regular physical activity.		
Consistently chooses to eat a healthy, balanced diet.		
Knows some basic first aid techniques.		
Knows how to protect themselves from unwanted pregnancy and/or STIs.		

Social Skills

	Tick	Date Achieved/Any Examples
Can schedule and/or cancel appointments.		
Can use public transport alone.		
Can plan journeys using public transport, including reading timetables/using apps.		
Can fill out job/college application forms without assistance.		
<p>Has an awareness of community resources including:</p> <ul style="list-style-type: none"> • Local Council offices • Job Centre • Post Office • Citizens' Advice Bureau 		
Can plan and schedule social activities with friends.		
Enjoys regular community-based activities.		
Can communicate by phone, letter and email.		
Has some ability to resolve conflict with other people.		
Is assertive in social situations.		

Time Management

	Tick	Date Achieved/Any Examples
Goes to bed at a reasonable time so they get enough sleep.		
Uses calendars/apps to manage their time, activities and responsibilities.		
Consistently on time for school/college, and other commitments.		
Is able to prioritise activities and get things done on time.		

Decision Making

	Tick	Date Achieved/Any Examples
Is registered to vote and has some political awareness.		
Has received careers advice and is working towards employment.		
Can conduct a job search online.		
Has an awareness of tenancy agreements and their future responsibilities as a tenant.		
Accepts and learns from constructive feedback.		

Money & Shopping

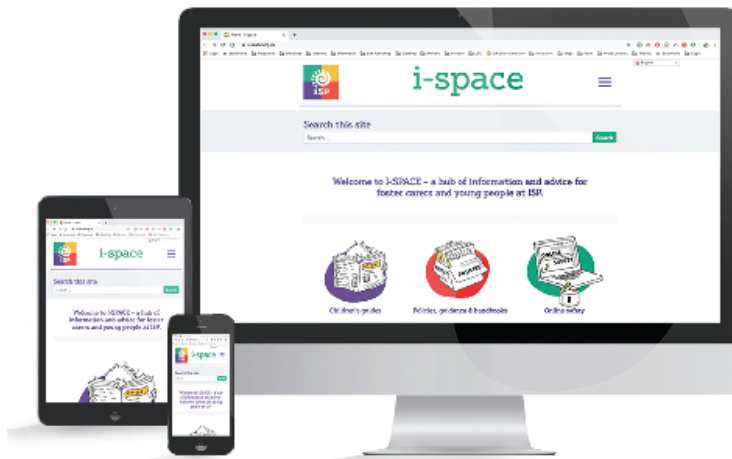
	Tick	Date Achieved/Any Examples
Can budget with a monthly allowance.		
Earns money with a part time job.		
Routinely uses a bank account – debit card transactions, making deposits to account.		
Checks their bank balance/transactions using statements or online banking/app.		
Is aware of the price of common household items.		
Has an awareness of household bills and different payment methods.		
Is aware of the effects of not paying household bills.		
Knows the risks and responsibilities of credit agreements (including credit cards and loans).		
Understands bank card security and keeps their account/cards secure.		
Has an awareness of Income Tax if working/self-employed.		
Has an awareness of Universal Credit and how to apply if needed.		
Understands student finance arrangements.		
Has prepared a budget for independent living based on their own anticipated income and expenditure.		

Around the House

	Tick	Date Achieved/Any Examples
Regularly does their own laundry: <ul style="list-style-type: none"> • Washing • Drying • Ironing. 		
Can do basic DIY, e.g. <ul style="list-style-type: none"> • Turn off water at mains • Put up a shelf • Paint and decorate a room • Clear a blocked plughole. 		
Has an awareness of health and safety around the home – e.g. <ul style="list-style-type: none"> • Electrical sockets/appliances and the fuse box • Gas safety • Water and electricity • Harmful substances • Safety for young children 		
Can sew on a button.		
Can read clothing labels to see how to appropriately wash them.		
Can read and understand food nutrition labels.		
Can prepare a main meal using at least some fresh ingredients.		
Can plan, shop for and make meals for at least 3 days in a row.		
Knows common causes of house fires and ways to prevent them.		
Has an awareness of home security to avoid burglary.		

For up to date information and resources on everything from life skills to internet safety, visit...

www.i-space.org.uk



i-space is an online resource for all ages and includes everything you need to know about ISP.

It is a great teaching tool for both young people and their carers with all the help, advice, inspiration and ideas you need to create a caring, safe and motivational environment.