

# Independent Living Skills & Preparation

Gain the freedom to potentially live independently. Learn how to be independent through discussing practical situations and by using the community to gain experience and information. Explore issues around your personal and social values, staying safe, being assertive and living a healthy lifestyle in order to understand and control the choices that you are entitled to.

Start Date: 15 September 2025  
Start Time: 10:00  
Lessons: 33  
Weeks: 33  
Hours: 66.00

## Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

## What will I learn on this course?

Learners will:

1. Develop the necessary skills to live independently e.g. day to day own personal care;
2. Understand own money management and make informed choices;
3. Identify ways to keep safe and report any concerns;
4. Discuss and explore community and social relationships.

## Is this course suitable for me?

You will need to have an Initial Assessment before you join this class to make sure the course is suitable for you.

If you wish to have a carer or communication worker present in the classroom then that will be fine.

If you wear glasses please remember to bring them with you.

You may be eligible for financial support with your travel, resources or childcare costs through the Discretionary Learner Support Fund. Please ask your tutor for a form if you wish to apply.

## What could I go on to do after this course?

Progression to courses such as 'Progressing my independent living skills LLDD', 'Growing my maths skills LLDD' or 'Skills for work LLDD' are advised.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

## How are digital skills used and enhanced?

You may have the opportunity to use computers with internet access in class time. You may need to use the internet for some or all of your course - using a mobile phone, tablet or computer. The tutor will speak to you about useful websites, apps and online resources which you may be asked to use for homework.

## Attendance Policy

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed.

## Health and Safety

We try to make sure your class is as safe as possible. If you are worried about anything, please talk to your tutor or our Safeguarding Officer.