

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.

Please note: There is no class on Monday 14 December 2026

Start Date: 21 September 2026
Start Time: 10:00
Lessons: 32
Weeks: 32
Hours: 64.00

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

What will I learn on this course?

Learners will learn about:

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?

This course is specially designed to support you in building the confidence and skills to live more independently. You'll be guided every step of the way and gain practical tools that can help you take more control of your life, make your own choices, and achieve your personal goals

Is there anything else I need to know about the course?

Before enrolling in this class, you will need to complete an Initial Assessment. This helps us ensure that the course is the right fit for your current skills and learning goals.

If you require the support of a carer or communication worker during lessons, you are very welcome to have them accompany you in the classroom.

If you wear glasses, please remember to bring them with you to every session to ensure you can fully participate in all activities.

You may be eligible for financial assistance to help cover the costs of travel, learning resources, or childcare through the Discretionary Learner Support Fund. If you would like to apply, please speak to your tutor and request an application form.

Will there be additional costs?

There may be occasions when we go on excursions outside the building. During these outings, you may have the opportunity to purchase drinks or other items from the venues we visit.

You will always be informed in advance about any planned trips, and full details will be discussed during class sessions to ensure you are well-prepared.

What could I go on to do after this course?

Progression to courses such as, 'Growing my maths skills' or 'Skills for work' 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 & 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.