

# Moving on

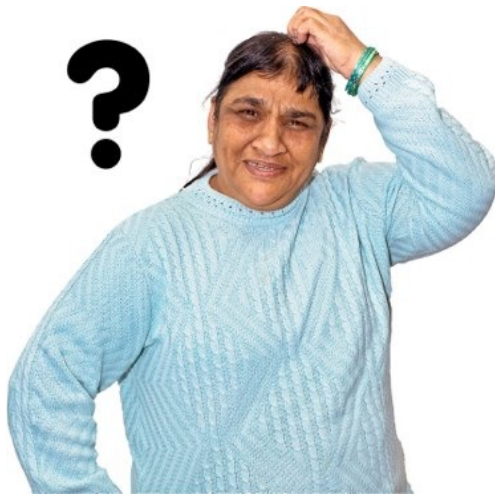
## My journey to independence



This activity is to help you to think about independence. You can use it to help you talk to your support worker. It will help them to understand more about what independence means to you.



Watch the video called 'Moving on - My journey to independence' with your support worker



## What do you think?

- Have you got any questions about the video?
- Is your life like this?
- What did you think was important in the video?

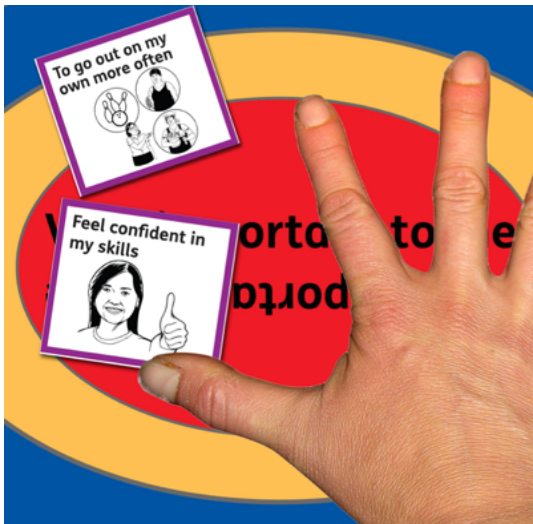


## Look at the cards

These are lots of different ideas about ways people can be independent.



Look through these cards one by one. Which of these ideas are important to you?



## Put the cards onto the poster

Put them near to the centre if the idea is important to you.

Put them near to the edge if the idea is not important to you.

Think about what things help you to be more independent.



This activity was developed by Gemma Unwin, Michael Larkin, Biza Stenfert Kroese and John Rose from the University of Birmingham in 2014 to reflect themes from the 'Access to Social Care – Learning Disabilities Project (ASC-LD)'.

Please visit our website: [www.ToolsForTalking.co.uk](http://www.ToolsForTalking.co.uk)

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