

Participants will learn **how to protect their personal information and keep their data safe.**

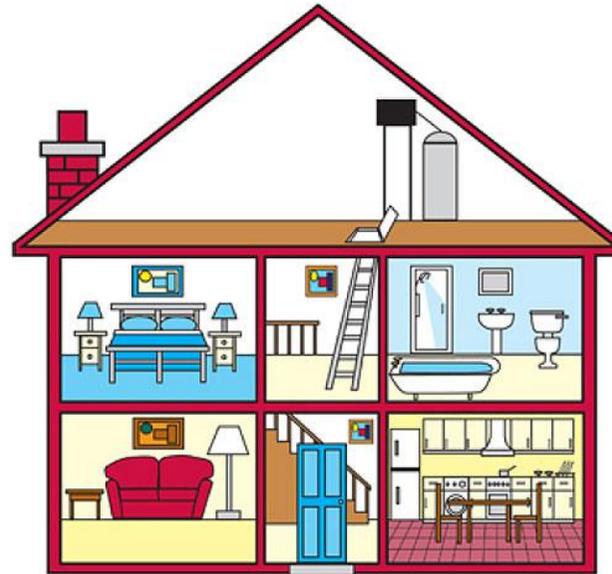
The online world is an amazing place but like the real world, there are some risks. By teaching participants to take a few precautions, the programme helps them be safe whilst using the internet.

Topics covered include: internet safety; how to secure passwords and logins; and how to recognise spam emails and how to deal with them.

Employability skills are the essential building blocks to securing employment. Participants will gain an understanding of problem solving, confidence building, working with others, and developing social awareness in the world of work.

Topics covered include: first steps to securing employment (assessing your job goals); assessing your skills; understanding employer expectations; and how to apply for job vacancies.

Practical sessions are offered at every week of the programme to allow participants the opportunity to utilise the skills they're learning in a safe environment.



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Momentum Skills

Investing in People, Changing Perspectives

Centre for Training Excellence

Independent Living Programme



Supporting individuals with ASD to
progress towards attaining and
sustaining independent living and their
own tenancy



Momentum Skills

Established in 1990, Momentum Skills now operates from 16 locations across the UK and assists some 2,500 people to achieve their goals each year. Momentum Skills follows all of its services on the fundamental principle that the service user and those closest to him or her, are the primary authorities on what the person wants from life.

The Independent Living Programme

Funded by the Scottish Government and in partnership with Falkirk Council the Independent Living Programme supports clients with ASD from Falkirk and the surrounding areas. The project runs 2 days per week for up to 10 weeks and engages with individuals with ASD to support them towards attaining and sustaining their own independent living and tenancy by developing their skills in relation to activities of daily living.

Referrals

Referrals to the service can be done yourself over the telephone, in person, or by letter. You can also be referred in from any services you may be involved with such as:

- * Jobcentre Plus
- * Local Council Authorities
- * Local health care professionals such as GPs and Community Mental Health Teams.

The Programme

The programme offers a range of practical sessions based within our purpose built simulated independence living flat located on the premises and has been specifically designed to offer learning through a mix of practical and project based learning.

Topics which will be covered include:

- Having your own home
- Wellbeing
- Money Management
- Computer Skills
- Building Employability Skills

Participants will be supported by qualified trained staff that will look to develop their understanding of the principals of living independently. The programme will cover every day functions such as preparing food, budgeting, how to remain safe whilst building confidence and practical skills across a number of functional areas.

At the end of the programme participants are invited to give feedback and to evaluate the course.

Overview

Managing your own home involves ensuring safety around the house, how to use cleaning materials and solvents, how to make proper use of electrical equipment, how to ensure food preparation is carried out in a safe and hygienic manner.

Topics covered include: safety around the home; REHIS Food Hygiene for which participants will gain a recognised qualification; routines of cleaning; and cookery skills.

Wellbeing is about quality of life, about getting the right kind of exercise, sleep and nutrition to be happy and healthy.

Topics covered include: Living in the Community; what is wellbeing; exploring wellbeing; and improving wellbeing.

Managing your money is one of the most important aspects of independent living. Being able to pay bills, buying food, transport, and buying clothes are all an essential part of independent living and budgeting to avoid debt. Topics covered this week include: having your own tenancy; principals of money; money management; and income and expenditure.