



# BIG

Ensuring our young people are in education, employment or on an apprenticeship is important to us at Dream Big Independent Living. In addition, we strive for our young people to become confident, honest, hard working and compassionate members of society. As such we equally focus on developing life skills.

## Transition And Life Skills Support

- Basic home maintenance
- Use of electricity, gas, water,
- Maintaining a clean & tidy home
- Healthy living – exercise and diet
- Finance- bank accounts, paying bills, budgeting and saving
- Shopping and food preparation
- Dealing with emergencies – basic first aid, power cuts, leaks, fire etc
- Accessing services – benefits, job centers, education etc
- Education - accessing courses and training,
- Social skills – interacting respectfully and positively with those around you
- Self esteem – how to feel positive about yourself and your future
- Managing relationships, including family, friends and colleagues
- Sexual health and contraception
- Alcohol and drugs awareness
- Current affairs – taking an interest in your community
- Employment - looking for a job, interview techniques, CVs, pay and rights
- Building regular routines by encouraging community events integration and support networks

