

SAFE HAVEN CONNECT CIC · REGISTERED CIC

MY INDEPENDENCE EXPERIMENT

Building independence my way - with choice, accessibility, practice and the right support

NEW DISABILITY WORKBOOK SERIES - BOOK 12

This workbook belongs to:

Independence does not have to mean doing everything alone. It can mean having more choice, control and confidence - including choosing when, where and how support is used.

Welcome

This workbook treats independence as an experiment, not a test. You can try something, adapt it, use support, decide it is not worth the energy, or try again differently.

One thing I would like more choice or control over:

1. What Does Independence Mean to Me?

Choose the ideas that matter to you.

- ☐ Making my own choices
- ☐ Doing some tasks myself
- ☐ Choosing my support
- ☐ Going places I choose
- ☐ Managing my own time
- ☐ Having privacy
- ☐ Learning practical skills
- ☐ Communicating my decisions
- ☐ Trying things without being rushed
- ☐ Knowing when to ask for help

My notes / what applies to me:

2. Independence Is Not “No Support”

Support can be part of independence when you remain involved in decisions.

Task / decision	What I want to do	Support I choose

3. Things I Already Do Independently

Start with evidence of what already works.

Things I manage myself, fully or partly:

4. Things I Want to Learn

Choose skills because they matter to your life - not because somebody says you “should” do them.

Skill	Why I want it	How important?
		Low / Med / High
		Low / Med / High
		Low / Med / High
		Low / Med / High
		Low / Med / High
		Low / Med / High
		Low / Med / High
		Low / Med / High

5. My Independence Ladder

Break one goal into smaller steps.

Step	What I will practise	Support / adaptation
1		
2		
3		
4		
5		
6		
7		

6. How I Learn Best

The method matters.

- ☐ Watching someone first
- ☐ Pictures / visual steps
- ☐ Written checklist
- ☐ Video demonstration
- ☐ Doing it alongside someone
- ☐ Repeated practice
- ☐ One step at a time
- ☐ Same routine each time
- ☐ Extra processing time
- ☐ Learning in the real place

My notes / what applies to me:

7. Prompting Without Taking Over

The right prompt can support success while keeping you involved.

Prompt level	What this might look like for me
Independent	
Reminder only	
Visual / written prompt	
Verbal prompt	
Demonstration	
Do it together	
Someone completes this part	

8. My Daily Living Skills

Explore areas where you may want more control or confidence.

Area	How I manage now	What I want next
Personal care		
Food / drink		
Medication routine		
Cleaning		
Laundry		
Shopping		
Money		
Travel		

9. Cooking My Way

Cooking can be adapted around mobility, fatigue, sensory needs, sequencing and safety.

Something I would like to make:

Parts I can already do:

Parts I need help / adaptation with:

Equipment or setup that would help:

My first practice step:

10. Shopping My Way

Shopping may involve planning, sensory access, money, travel and communication.

What I want to be able to shop for:

Planning support I need:

Sensory / mobility access I need:

Money support I want:

My first practice step:

11. Money Confidence

Focus on practical control and safe routines rather than doing everything mentally.

- ☐ Checking prices
- ☐ Using a card / contactless
- ☐ Using cash
- ☐ Reading a receipt
- ☐ Checking account balance
- ☐ Making a shopping budget
- ☐ Recognising subscriptions
- ☐ Keeping personal banking details private
- ☐ Asking for help before sending money

My notes / what applies to me:

12. Travel Independence

Independent travel can include travelling alone or directing the support you need.

Journey I want more confidence with:

Route / transport:

Access or communication needs:

Backup plan:

First part I can practise:

13. Appointments & Speaking for Myself

Self-advocacy can include using AAC, notes or another person while keeping your views central.

Before the appointment I can prepare:

How I want to communicate:

What I want a supporter to do:

What I want to say / ask myself:

What information I need afterwards:

14. Home Tasks

Choose which tasks are worth learning, adapting, sharing or outsourcing.

Task	Do myself	Share / support	Not worth my energy
Laundry			
Cleaning			
Dishes			
Bins			
Bed / room			
Admin / post			
Meal prep			

15. Time & Routine

External supports can make time more manageable.

- ☐ Phone reminders
- ☐ Visual timetable
- ☐ Timer
- ☐ Calendar
- ☐ Alarm
- ☐ Checklist
- ☐ Prepared routine
- ☐ Labels
- ☐ Someone prompting me
- ☐ Doing tasks at my best-energy time

My notes / what applies to me:

16. Technology for Independence

Technology can reduce memory, communication, mobility and organisation barriers.

Tech or equipment that helps me do more on my terms:

17. Asking for Help Is a Skill

Knowing when and how to get support can prevent a small problem becoming a big one.

Useful sentence: "I want to do as much of this as I can. I need help with ____."

Signs I need help:

People I can ask:

How I prefer them to help:

What I want to keep control of:

18. My “Try It Safely” Plan

Before trying something new, identify what needs to be in place.

Before I try...	My plan
I understand the steps	
Access needs are covered	
I have the equipment I need	
Someone knows if appropriate	
I have a backup plan	
I know how to stop / leave	
I have recovery time	

19. When It Does Not Work

A failed attempt can reveal a missing adaptation, unclear instruction or unrealistic energy cost.

What I want to remember when something does not work first time:

20. Choice Versus Pressure

A goal is more meaningful when it is genuinely yours.

Goal / task	Do I want this?	Whose goal is it?
	Yes / No / Unsure	
	Yes / No / Unsure	
	Yes / No / Unsure	
	Yes / No / Unsure	
	Yes / No / Unsure	
	Yes / No / Unsure	
	Yes / No / Unsure	

21. My Independence Experiment

Test one small goal and collect information.

My experiment:

Why I chose it:

Smallest first step:

Support / adaptation I will use:

What happened?

What worked?

What needs changing?

My next step - if I want one:

22. Celebrate Progress

Progress can include needing fewer prompts, making a choice, asking for the right support or deciding a task is not worth doing alone.

Something I have become more confident or involved in:

23. My Independence Dashboard

A snapshot of where you want more choice, skill or support.

Life area	Happy as it is	Want more control	Next idea
Home	☐	☐	
Food	☐	☐	
Money	☐	☐	
Travel	☐	☐	
Appointments	☐	☐	
Time / routine	☐	☐	
Community	☐	☐	
Communication	☐	☐	

24. My Independence Passport

Things I prefer to do myself	
Things I like support with	
How I want people to prompt me	
How I learn new tasks best	
Communication that works for me	
Access / equipment I need	
Things I want more choice over	
My current independence goal	

My Independence Manifesto

I can be independent and supported at the same time.

Independence for me means:

I want more choice about:

Support helps me be more independent when:

I do not need to prove independence by:

One thing I want to try next:

Notes

This workbook is a general disability-focused skill-building and self-advocacy resource. Independence goals should reflect the person's own choices, access needs, capacity and safety. Some activities may require personalised occupational therapy, mobility, social-care, financial, healthcare or other specialist support.

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