

# 10 HOW TO ADULT



## AM I READY TO LEAVE HOME?

We will provide you with a checklist of tools and support you need on your journey into independence



## MANAGING FINANCES

Education on how to budget, understanding interests and ISAs, how to fill out cheques and important documents and exploitation through corporation advice



## COOKING

The tools needed to meal prep and eating on a budget, how to eat a balanced diet, understanding basic food hygiene and food safety



## DEVELOPING A ROUTINE

Practical workshops on the importance of creating, developing, and maintaining a healthy daily routine



## PERSONAL CARE

Taking part in activities to stay physically fit, knowing when to seek medical care, understanding how much things cost and when it should be replaced



## WHEN YOU GET CONFUSED

Information and signposting, what to expect, support and guidance, who to go to for what