**PREPARING FOR ADULTHOOD YEAR Post 16**

**Skills Audit**

(Form template last updated 10/12/2021)



* **Complete this checklist with an adult.**
* **If you answer no or partially to any questions set yourself an outcome to work towards over the next year.**
* **This will help you to be ready to make the right choices to be able to follow your dreams.**

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| **Employment** | **Yes/No/Partially** |
| **In the last year have you:** | |
| Received any careers advice and guidance? |  |
| Written your CV? |  |
| Attended a work placement and/or taster day? |  |
| Been supported to complete a vocational profile? |  |
| Thought about what you would like to do in the future? |  |
| Decided on a college place or a work place that you would like to go to? |  |
| Found out which grades and courses will help you get the job that you want in the future? |  |
| **Thinking about your employability skills, can you:** | |
| Independently attend an interview for a job, work experience placement or a college course? |  |
| Talk to people you don’t know very well face-to-face and on the phone? |  |
| Arrive on time for college or work? |  |
| Speak to a teacher or manager if you had an issue or concern? |  |
| Any other comments: | |

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| **Independent Living** | **Yes/No/Partially** |
| **In the last year have you:** |  |
| Been able to plan your time effectively? |  |
| Decided where and who you would like to live with in the future? |  |
| Been supported to find out the information that you need to make decisions about where you live? |  |
| **Thinking about your independent living skills, can you:** | |
| Prepare and cook a meal for yourself? |  |
| Complete household chores, such as washing up and hoovering? |  |
| Independently follow a daily personal hygiene routine? |  |
| Travel independently on a bus or train? |  |
| Manage change or unexpected situations? |  |
| Manage a budget? |  |
| Any other comments: | |

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| **Community Inclusion** | **Yes/No/Partially** |
| **In the last year have you:** |  |
| Had one or two good friends in or out of school/college? |  |
| Done any extracurricular or voluntary activities in or out of school/college? |  |
| Felt safe in your home and community? |  |
| Felt safe in your online community? |  |
| Been on a social trip in your community eg to the cinema or the shops without an adult? |  |
| **Thinking about your community inclusion skills, can you:** | |
| Understand the difference between positive and negative friendships? |  |
| Try something new? |  |
| Go shopping and pay for items independently? |  |
| Any other comments: | |

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| **Health and Wellbeing** | **Yes/No/Partially** |
| **In the last year have you:** |  |
| Regularly had at least 7 hours sleep a night? |  |
| Exercised for at least 20 minutes every day? |  |
| Been supported to make informed choices around drugs and alcohol? |  |
| Been supported to understand how to keep yourself safe when having sex? |  |
| Been supported to understand what taking illegal drugs and drinking alcohol do to your body? |  |
| Followed a healthy, balanced diet? |  |
| **Thinking about your health and wellbeing skills, can you:** | |
| Talk to someone if I feel unhappy or need help? |  |
| Recognise if you are becoming physically or mentally unwell? |  |
| Calm yourself down when feeling anxious, stressed or angry? |  |
| Any other comments: | |

*Anyone aged 14 or over who's on their GP's learning disability register can have a free annual health check once a year. Find out more at* [Learning disabilities - Annual health checks - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/)