

Session 2.7: Being independent and asking for support

Activity sheet 2.7.1: Being independent and asking for support

We can be independent and also get support.

None of us are totally independent. I go to the supermarket by myself to buy bread. I do not make the bread. Someone else makes the bread for me.

I clean my teeth myself but if I have a problem with my teeth I go to the dentist.

I like traveling on buses and trains but I don't drive them.

Think of other people who help us. You could make a collage or poster about all the people who help us.

Activity sheet 2.7.2a: Stories of independence 1

Being independent can mean being in control of our lives and making choices. We might need to ask other people to help us but we can make decisions.



Read or role-play the following:

Scenario 1

Tony has a physical disability. He needs a carer to help him. Sarah is his carer. Early in the morning she lets herself into Tony's flat and walks into his bedroom. She gets Tony out of bed, gives him a shower, chooses his clothes and dresses him. Then she goes to the kitchen and makes Tony scrambled egg on toast and a cup of tea. She then places Tony in front of the television and says she will see him later.

Talk about whether Tony made his own decisions.

What did the carer do wrong?

Activity 2.7.2b: Stories of independence 2

Now read or role-play the following:

Scenario 2



Tony has a physical disability. He needs a carer to help him. Alan is his carer. He knocks on the front door, lets himself in and shouts, 'Hi Tony it's Alan'. He then knocks on the bedroom door and waits for Tony to say, 'Come in'. He then asks Tony if he wants to have breakfast first or get up first. Tony decides he would like to get up first. He asks Alan to run the bath for him and to get his jeans and Manchester United shirt ready for him. Alan asks Tony what he wants for breakfast. He then asks Tony if there is anything he wants to do. Tony says he is fine. Now he is in his wheelchair he can move around the flat or go out. Later he will be picked up in a minibus. He is going to play a wheelchair basketball match.

Talk about whether Tony made his own decisions.

Talk about the two carers. What was different?

Activity 2.7.3: Being independent, with support

Sometimes, if you have a disability, people talk to your carer rather than to you even though you could answer for yourself.



Role-play or read the following:

Jane is blind. She has found a lump in her breast. She needs to make an appointment to see the doctor. She needs a lift to the GP surgery. She will need some help to get to the right room when she is there.

Role-play or talk about how Jane can be as independent as possible but also get help.

Activity 2.7.4: Independence (cards)

Look at the following statements. Tick whether you agree with them or not.

	I agree 	I don't agree 
Jane needs help to make a doctor's appointment.		
Jane can ask someone to give her a lift to the doctor's surgery.		
The person who gives Jane a lift needs to know why she is going.		
The person who helps Jane get to the right doctor's room needs to stay with her through the appointment.		
Jane can talk to the doctor by herself.		
Jane does not need to tell the person who gives her a lift what the doctor has said.		
Jane doesn't need to thank the person giving her a lift as she has a right to the lift as she is disabled.		

Activity 2.7.5: I can do things for myself

We all have things that we can do ourselves. We all need help with some things.

I can drive a car.

I can put petrol in my car.

I can't fix my car when it goes wrong.

Complete the following:

I can.....

I can.....

I can't.....

Practise telling people you can do something.

Practise asking for help.



Certificate of Achievement

Module 2: Assertiveness

You did it!
Congratulations

**You have completed
module 2**