

**Independent Living Project**

**Practical Independent Living**

**June 2022**

**Tutor Notes**

**Learning Path Plan**

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|  | **Learning Path Content** | **Materials** | **Length (mins)** |
| **1** | Introduction | Power Point pres.  Group Introduction, | 5 |
| **2** | Get a Lease | Power Point pres.  Group Work | 5 |
| **3** | Kit out your house | Power Point pres.  Group Work | 10 |
| **4** | Budgeting and dealing with the unexpected | Power Point pres.  Group Work | 15-20 |
| **5** | Is sharing for you? (if time) | Power Point pres.  Group Work, Group Discussion | 5 |
| **6** | Reflection & Self-evaluation (if time) | Power Point pres.  Group Discussion  Post Evaluation sheets | 5-10 |

**Set up groups**

Students should be split into six groups, and each one assigned a type of household. The groups will then work to solve the problems that kind of household would have in maintaining their housing. Numbers in each group should be roughly even, where possible. **Hand out "Welcome to your new Home" - one to each group.**

**Learning Path 1 - Introduction**   **(5-7 mins)**

### **Objective** To outline the session on practical Independent Living

### **Method** Tutor introduction. PP Pres. Group Introduction

### **Materials Welcome to your new home handout**

**Tutor Instructions:**

Advise students that they are going to take part in a practical exercise in managing their new home. Each group will be *one* of *six* types of households, with different needs:

Split pupils into six groups and allocate them a role:

* Single Parent
* Single Person under 35
* Student Only
* Working Family
* Professional couple
* Family with care needs

Give each group the "Welcome" handout with the name of their household type and ask them to display it. Briefly, talk through the various scenarios. The "Welcome" handout advises groups of their income and household needs (p10). Tell students they will be asked to make decisions about housing, based on their circumstances.

Tell students that the tutor(s) can be asked for housing advice, as if an advisor at East Lothian Council.

**Learning Path 2 - Get a Lease (10 mins.)**

**Objective:** Activity for students to learn about applying for housing from private landlords, social housing or the council.

**Method:** Tutor Talk, PP, Group work

**Materials:** **Welcome to your new home handout pages 2-3**

**Tutor Instructions:**

Advise students that their first task is to get a house. They have 4 options:

* Rent from a Private Landlord
* Rent from a Housing Association
* Rent from East Lothian Council
* Buy a house

Tell students to consider their housing choice carefully, after reading the information sheet provided, as this will have an impact on their household budget.

Certain properties may not be suitable for their needs.

The students have 3+ minutes to discuss and decide and come to the front and pick a sheet with the name of a particular 'tenure' on it. If they don't do this within 3+ minutes a tenure-type will be randomly assigned to them, by the tutor.

WARN: Students may be competing for similar types of housing, of which there may not be enough. The best property for them may be snatched up by another group. It is 'first come, first served.' [[1]](#footnote-1)

**Learning Path 3 - Kit out your Home (10 mins.)**

**Objective:** Students learn the costs involved in setting up a home.

**Method:** Tutor Talk, PP Group Discussion

**Materials:** W**elcome to Your New Home handout pages 4-5**

**Tutor Instructions:**

Advise students that now they have moved into their new property, they need to furnish it.

Ask pupils to turn to the "Welcome" handout page 4-5 where they will see a list of essential items for their new home. Explain that this is just the basics and doesn’t include everything you need to make a house a home, for example carpets, lamps, decorations, etc. However it is a good place to start.

Each item is given a notional cost. Explain the cost may be higher now because of inflation. Ask students to think about which items are essential for their home.

Students should list 20 items they think are MOST important for their new home on page 5 of the "Welcome" handout and add up how much they cost.

They have 5 minutes.

Ask groups to feedback their choices and highlight any differences/common points between students. Discuss their answers.

Highlight to students that they may not have the money to spend if everything they buy is new. If every item is bought from new, it would cost over £3000.

Explain that there are other options to get household goods cheaper:

* Recycling First – This is a charity that provides furniture to those in need. If you are on a low income, they have a warehouse where you can buy furniture cheaply. If you only on benefits, you can be referred by Citizens Advice and others and they will try to provide you with what you need. There is a delivery charge but the furniture is very cheap.
* Charity shops – For example British Heart Foundation, the Red Cross and Oxfam have furniture shops in and around East Lothian that provide excellent furniture for very cheap prices.
* Online sellers – Websites such as Gumtree, Vivastreet and eBay all have furniture put up for sale by private sellers. You can get some great deal this way but you must be careful.
  + Stay safe! – NEVER give your bank account details or transfer money before receiving an item.
  + Never go alone to pick up an item
  + Remember these people are strangers.
* For free – You can get furniture for free online:
  + Freecycle
  + Freegle

**Learning Path 4 - Budgeting (15-20 mins.)**

**Objective:** Students work out their household budgets

**Method:** Tutor Talk, PP Group Work

**Materials:** W**elcome to Your New Home packs**

**Tutor Instructions:**

Advise students that now they are settled in their new homes, they need to work out their household budgets. They need to know how much they are spending, on what.

To assess this they should turn to page 7 of their 'Welcome' handout and complete the budget heads. Students will need to refer to their household scenario info (page10-11) as well, to take account of their household income and circumstances.

There is information on pages 6&8 of their packs which should help them work out their budgets.

**Tips:**

* Don’t forget the little things
* Cut out non-essential items
* Be realistic
* Be honest
* Remember to check your scenario cards and information sheet very carefully.
* Don’t be afraid to ask for help from the tutor!

Give the students c.10 minutes to complete the task. Support groups and ask teacher to help. Ask groups to feedback and assess how realistic their choices are.

Advise students that they can apply for Benefits like UC, which includes a Housing cost element, if their income is below a certain level. This will apply to some households but not others. Benefits advice is available from ELC's Welfare Rights team and CAB.

Explain the danger of unexpected events - big bill, loss of employment, etc.

**Additional learning Paths, if there is time ...**

**Learning Path 5 - Is Sharing for You? (10 mins.)**

**Objective:** To allow students to think about what they are willing to accept and tolerate in a flat-mate

**Method:** Show video from TS - "Mates"

**Materials:** Video

**Tutor Instructions:**

Once the students have watched video ask them what issues it raises.

**Learning Path 6 - Reflection and Self-Evaluation (5-10 mins.)**

**Objective:** To allow students to reflect on the lessons learnt during the practical exercise.

**Method:** Tutor Talk, Group Discussions

**Materials:** Post-evaluation Survey

1. You need six house-type cards. 1x Private let, 2x Council let, 2x RSL let, 1x bought house [↑](#footnote-ref-1)