



Adult Day Service Package

Areas of Development	Key Features
Independent Travel	<ul style="list-style-type: none"> ● Traveling safely along roadsides ● Travel within the community ● Bus travel and journey planning ● Train travel and journey planning
Accessing the Community	<ul style="list-style-type: none"> ● Accessing supermarkets and local stores ● Accessing the city centre shops and amenities ● Accessing local events and attractions ● Accessing local free spaces ● Identifying places of support ● Identifying safe strangers and strangers
Emotional Regulation	<ul style="list-style-type: none"> ● Knowledge of emotions ● Personal emotional regulation overview ● Personal crisis de-escalation plan ● Strategies to self regulate
Communication skills	<ul style="list-style-type: none"> ● Effective communication skill ● Understanding social and communication norms
Social Inclusion	<ul style="list-style-type: none"> ● Accessing social activities and attractions ● Developing social interactions ● Building and maintaining friendships



Employment	<ul style="list-style-type: none"> ● Identifying employment skills ● Identifying suitable work placement ● Accessing work experience ● Employment coaching ● Developing specific workplace skills
Math and literacy skills	<ul style="list-style-type: none"> ● Basic reading skills ● Writing/typing ● Functional math ● Application of number
Cooking	<ul style="list-style-type: none"> ● Making breakfast ● Making meals ● Healthy eating habits ● Safety when preparing food
Developing Safety Skills	<ul style="list-style-type: none"> ● Identifying risks ● Developing strategies to mitigate against risks ● Basic first aid skills
Self Care	<ul style="list-style-type: none"> ● Personal hygiene ● Fitness ● Diet and nutrition ● Routines for personal well-being
Requirements: Minimum 12 hours sign up Over 2 days 6 hours per day Timing 9.30 - 15.30 Pick up and drop off service available* Have the ability to access a 1:3 group ratio	



Costing

£13.95 per hour/ £167.40 per week

Costing includes all costs relating to sessions:

- Admission costs 80
- Ingredients 20
- Resources 10
- Travel 20
- Fare costs 20

*Additional costs apply