

Independent Living Skills

This listing includes selected resources which are suitable for adults with an intellectual disability, or can be used in conjunction with adults with an intellectual disability.

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The complete library catalogue can be searched via the Activ Library website: <http://www.activ.asn.au/library>

Casting Your Vote: A Guide To Elections / CENTRE FOR TRAINING AND COMMUNITY DEVELOPMENT.

North Ryde, NSW, Centre for Training and Community Development : 2003. 78p. (loose leaf)

A user-friendly manual for people with an intellectual disability that explains why, where and how to cast a vote in an election.

CC 371.928 CAS

P09402

Easy Going: Accessible Public Transport. / VICTORIA. Department of Infrastructure.

Melbourne, 1999. 1 videocassette (10 mins)

This video promotes the use of public transport by people with disabilities, the elderly and people with young children in Victoria. Promotes and explains a new service called 'Easy Going' which has been implemented to assist this group of public transport users. The focus is on customer service including improvements like TTY's, personalised service and on the upgrading of trains, trams and buses to include ramps, reachable buttons and machines and space to manoeuvre.

CC 371.9 EAS

P08821

Enable : People With Disabilities And Computers Cd-Rom

Microsoft Corporation : [1999?]. 1 CD ROM (45 mins.)

The Flying Karamazov Brothers host this documentary on people with disabilities using personal computers to help them in their everyday life. The documentary aims to inspire people with disabilities to think of computers as a means to help with communication, work and recreational activities.

CC 620 ENA

P10684

Every Vote Counts!

London, United Response : 2008. CD-ROM + 23 p. booklet

This CD-ROM and accompanying instruction booklet are designed to be used with people with an intellectual disability to provide them with more information about politics, how it affects them, and how to get involved and have a say. This information is also available at the website <http://www.everyvotecounts.org.uk>.

CC 346.0131 EVE

P12289

George Gets Smart / Brighton, Catherine Ill.; Hollins, Sheila; Flynn, Margaret; Russell, Philippa. / ROYAL COLLEGE OF PSYCHIATRISTS.

London, Gaskell Press : 2001. 42 p. : col. ill.

Through the use of illustrations, this story shows how George learns to take responsibility for his personal hygiene and health. This book is part of a series that provides a separate text and helpful suggestions at the back of the book for parents or any support person.

CC 371.9281 HOL

P09345

Keep Clean: About Being Clean - Personal Hygiene, Food Hygiene / Band, Roslyn.

London, Elfrida Press : 1997. 7p

A small illustrated booklet that looks at personal care and food hygiene. Suitable for people with an intellectual disability.

CC 371.9281 BAN

P08115 P11870

Keeping House : Domestic Skills For People With Special Needs / ATTAINMENT COMPANY.

Verona, Wis., Attainment Company : 1988. 1 videocassette (30 min.)

This video forms part of the Mary on the Move miniseries, which follows the story of a young woman with developmental disabilities as she masters a variety of critical life skills. In this episode, viewers watch as Mary and her family get ready for a party. Viewers see the steps involved in cleaning the house inside and out, and learn how housekeeping routines are done in a set sequence.

CC 371.928 KEE

P11983

Keeping Yourself Clean / Forgacs, Ames; Moore, Darren; Hutchinson, John.

Cambridge, Speaking Up : 2007. 23 p. ; 30 cm.

This booklet is designed to give people with learning difficulties information and pictures to help them remember what they need to do to keep themselves clean and fresh. It includes washing hair, cleaning teeth, the body, hands and feet and other important areas. It also looks at washing clothes and what to do when you are ill.

CC 371.9281 FOR

P12888

My Community Skills. Book 1: Goods And Services, And Signs. / Graham, Helen.

Flinders Park, SA, SERU : 1996. 46p

This series is designed for older students with special needs. Everyday practical activities and blackline masters are included for individual or group use.

CC 371.928 GRA

P08327

My Community Skills. Book 2: Accommodation, Travel And Time. / Graham, Helen.

Flinders Park, SA, SERU : 1996. 56p

This series is designed for older students with special needs. Everyday practical activities and blackline masters are included for individual or group use.

CC 371.928 GRA

P08328

My Community Skills. Book 3: Direction And Map Reading / Graham, Helen.

Flinders Park, SA, SERU : 1996. 49p

This series is designed for older students with special needs. Everyday practical activities and blackline masters are included for individual or group use.

CC 371.928 GRA

P08329

My Home Skills. Book 1: Forms, Food, Measurement. / Graham, Helen.

Flinders Park, SA, SERU : 1996. 67p.

This series is designed for older students with special needs. Everyday practical activities and blackline masters are included for individual or group use.

CC 371.928 GRA

P08331

My Home Skills. Book 2: Time, Calendar

Flinders Park, SA, SERU : 1996. 63p.

This series is designed for older students with special needs. Everyday practical activities and blackline masters are included for individual or group use.

CC 371.928 GRA

P08332 P09603

My Home Skills. Book 3: Following Instructions, Safety, Telephone, Newspapers. / Graham, Helen.

Flinders Park, SA, SERU : 1996. 73p.

This series is designed for older students with special needs. Everyday practical activities and blackline masters are included for individual or group use.

CC 371.928 GRA

P08333

Preparing For Life : The Complete Guide For Transitioning To Adulthood For Those With Autism And Asperger's Syndrome / Baker, Jed.

Arlington, Tex., Future Horizons, Inc. : 2005. ix, 357 p.

The author claims that the skills lessons described in this book are not meant to represent a model of social correctness or aim to change 'faulty' behaviours but rather they are ideas about how to behave in order that students transitioning to adulthood may reach their own goals. Skill lessons include: nonverbal cues/body language; dealing with anger, frustration and anxiety; conversation; building and maintaining friendships; dating; school and family demands; employment skills; money matters; emergencies; and transportation.

SC/AUT BAK

P12495

Shopping For Clothes / Graves, Sue.

Lancashire, SEN Press : 2006. 16 p.

Anna wants a new top for the party she was invited to, so she takes her foster mum shopping to help her. An easy to read book that covers the themes clothes for special occasions, taste and style, planning and patience, making independent choices, value for money, sales and bargains and saving money. Suitable for teenagers 14-19 years and people with intellectual disabilities.

CC 371.928 GRA

P11715

Shopping For Mum / Clarke, Peter.

Lancashire, SEN Press : 2006. 16 p.

Rachel needs to buy a few items for her Mum so she walks to the local corner shop. An easy to read book that covers the themes handling money, coping when things go wrong, problem solving, influences of advertising and marketing and peer pressure. Suitable for ages 14-19 years and people with intellectual disabilities.

CC 371.928 CLA

P11716

Smartrider Guide / TRANSPERTH.

Perth, Transperth : 2007. 1 DVD (12 min.) + 1 booklet

A guide to using the Smartrider electronic ticketing system for Transperth bus, train and ferry services.

CC 371.9 SMA

P11737 P11736

Travelling By Yourself / Clarke, Peter.

Lancashire, SEN Press : 2006. 24 p.

This is the first day Adam catches the bus to school by himself. How will he get on? An easy to read story that cover themes including independent travel, journey planning, timekeeping, road safety, independent living skills, personal safety, self confidence, self esteem and strangers. Suitable for teenagers 14-19 years of age and people with intellectual disabilities.

CC 371.928 CLA

P11718