

The following are examples of how you should fill out the form. Feel free to use them as guidance but please do give us your own thoughts and experiences. If you need further guidance, please do not hesitate to contact the office.

Topic	Do you have knowledge in this area	Do you need knowledge in this area	Use the space to tell us what you know and what you need to know
Independent Living Eg Dogs for the Disabled, Motability	Yes <input checked="" type="checkbox"/> No	Yes <input checked="" type="checkbox"/> No	I have used Motability now for 4 years and find them very useful. If you need a car adapted then you can approach Motability and get them to come out to your house and have an assessment. I make sure I always have at least 4 crutches in different places. I use non slip shower mats and have supplies of tubigrips and slings, braces etc
Rate your level of confidence in your abilities to deal with Independent Living No Confidence 1 2 3 4 5 6 <input checked="" type="checkbox"/> 7 8 9 Very Confident			
Topic	Do you have knowledge in this area	Do you need knowledge in this area	Use the space to tell us what you know and what you need to know
Benefits	Yes No <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/> No	I usually get my mum to help me with this in fact, she does most of the work. I would like advice on how we can fill these forms better. I'm not sure what benefits I should apply for.
Rate your level of confidence in your abilities to deal with Benefits No Confidence 1 2 <input checked="" type="checkbox"/> 3 4 5 6 7 8 9 Very Confident			
Topic	Do you have knowledge in this area	Do you need knowledge in this area	Use the space to tell us what you know and what you need to know
Clothing E.g. Sourcing Buying and Altering,	Yes <input checked="" type="checkbox"/> No	Yes <input checked="" type="checkbox"/> No	I am lucky I can wear both children's and adult size clothes. Be aware that the barrel ribcage make for a larger size and it is very important to get this fitted professionally. I tend to buy clothes which are easy to alter and have a style which tends towards baggy. I never know where to go to get more formal outfits,
Rate your level of confidence in your abilities to deal with Clothing No Confidence 1 2 3 4 5 6 7 8 <input checked="" type="checkbox"/> 9 Very Confident			
Topic	Do you have knowledge in this area	Do you need knowledge in this area	Use the space to tell us what you know and what you need to know
Travel	Yes <input checked="" type="checkbox"/> No	Yes No <input checked="" type="checkbox"/>	I try to avoid crowded trains and the underground and plan ahead as much as possible to make sure I'm not rushing. I've always travelled with someone, but would like to have the confidence and knowledge to travel on my own.
Rate your level of confidence in your abilities to deal with Medical Staff No Confidence 1 2 3 <input checked="" type="checkbox"/> 4 5 6 7 8 9 Very Confident			