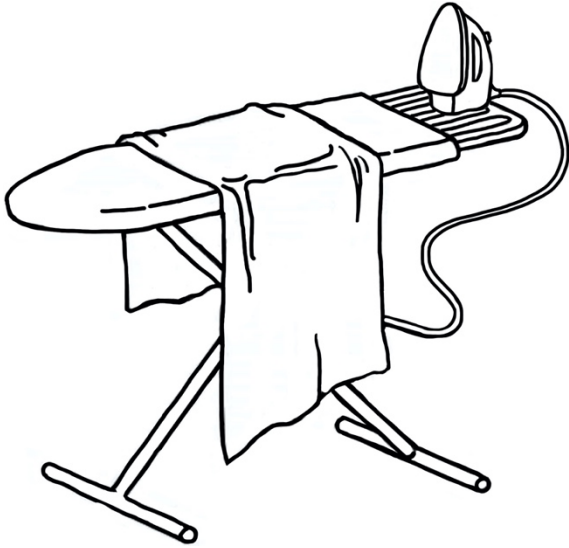


# Discussion Prompts



## Independent Living

*Discuss your experiences or expectations of living independently and running your own home.*

Learning how to live independently and run your own home

Getting advice, guidance and training in running a home

Getting regular support to live independently (including family)

Accessible and adapted housing, where necessary

Moving to a new house

Keeping safe at home

Managing and paying household bills

Health and wellbeing at home

Relaxing at home

Dealing with isolation and loneliness

Keeping warm in the winter

Healthy eating

Food preparation and cooking skills

Eating on a budget

Shopping for food and essential items

Keeping your house clean and tidy

Washing and drying clothes

Personal care

Caring for others