



## Shopping independently

To shop successfully, a number of skills need to be developed, such as:

- a shopping list
- considering safety to and from the shop
- using a bus or taxi (if required)
- safely crossing roads, negotiating car parks and entrances
- locating correct items on shopping list
- identifying 'best value for money' items
- using the serviced check-out to purchase items
- operating a self check-out to purchase items
- asking shop assistants for help, appropriately
- behaving appropriately in environment.

Gaining these skills requires regular practice with a support person. If you are struggling to get started, a plan could be developed by our Occupational Therapy Team.

*Contact us for an obligation free quote*

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