

Occupational Therapy

Activities of Daily Living (ADLs) - Going Shopping

Aniesa Blore



ACTIVITY: Which of these can you do?

I can:

SKILL	YES	NO	WITH SOME HELP
Make and Use lists			
Use a map or travel planner			
Travel on my own - how?			
Memorise someone's number			
Ask for help			
Use my bank card or contactless			
Check the time			



ACTIVITY: What worries you about shopping without an adult?

SKILL	YES	NO	WITH SOME HELP
Making and Using lists			
Using a map or travel planner			
Travelling on my own			
Remembering a phone number			
Asking for help			
Paying for things			
Checking the time			
The noise			

