

When you are starting to think about independent travel, it can be useful to work through this form with an adult you trust. There are different skills involved in travelling independently. These skills take practice and you might need some support or strategies to manage some of these. You can use this form to help you think about your skills and what strategies you might use when travelling independently. Once you have had time to practice some journeys, it's useful to do this form again to see if things have changed.

Individual risk-assessment form		
Young person's name		
Supporter's name		
Date		
Current skills	Give yourself a score from 1 – 3 1 = I still need a lot of support 2 = I am progressing with less support 3 = I do not need any support with this	My support strategies
I can recognise numbers		
I can understand instructions and directions		
I can adapt to change and solve problems		
I am aware of danger and my personal safety		
I have an awareness of time		
I can remember essential information		
I have road safety awareness		
I have verbal or written communication skills		
I can communicate with people		
I can understand the need for a queue		
I can wait in a queue		
I have strategies for things changing such as route diversions, pavement closures etc		
I can identify appropriate people for help, when necessary		

Other skills I would like to practice: