

**Life Skills Development Programme**

**Client Selection List: Social Focus**

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| **Intervention** | **Contents** |
| Reveal dreams and aspirations | * Demonstrate the importance of setting goals * Assist client to identify goals * Assist client to develop pathways to achieving goals in an achievable way |
| Drug and alcohol information | * Assist client to understand the effects and impacts in the various aspects of their life |
| Healthy Homes | * Assist client to understand the importance of a healthy home environment * Assist client to understand and access support available in the community to make the home healthier, warmer and dryer. |
| Basic Reo | * Help the client to understand their journey of who they are. |
| Smoking Support | * Assist client to understand the effects of smoking on the various aspects of their life. * Advise client of community support options for smoking cessation |
| Health and Wellbeing | * Support client to access health support in the community (as appropriate) * Assist client to understand the importance of good nutrition, healthy eating and exercise |
| Meal Planning | * Planning low cost whanau meals |
| Wise shopping | * Cost effective but healthy shopping for whanau meals |
| Healthy, Low Cost Cooking | * Show how to cook healthy, low cost meals for whanau |
| Home routines | * Help client understand routines that will streamline the running of their home |
| Repairs around the home | * Mending basics, repair basics for household and home |
| Education for children | * Ensure client understands the importance of Early Childhood   Education and school attendance |
| Credit basics | * Assist client to understand the basics of obtaining credit,   how they would score in an application and what they could do to increase their score. |
| Obtaining Id | * Assist client to understand the types of identification,   costs and options for them personally. Establish action  plan. |
| MYMSD | * Demonstrate how to access site, how to navigate, the purpose and benefits |