

Soft Skills from District Provision Tool

Type of support	More Information
Getting up and dressed by a certain time each day, and keeping a log to chart progress	
Finding out possible transport routes and trying them out, and keeping a log to chart progress.	This DPT: <u>Travel & Transport</u>
Look at the Expert Patient Programme online and list reasons why it could benefit you.	Website: <u>Self Management UK</u>
Registering with and/ or visiting the local library.	GovUK Website: <u>"Find your local library"</u>
Researching bus times, local public transport routes etc, and keeping a log to chart progress.	This DPT: <u>Travel & Transport</u>
Make a list of your hobbies, things you enjoy doing, or things you used to enjoy doing.	
Updating CV / Making a list of previous employment, education and other experience.	This DPT: <u>Skills / Jobsearch/ CV</u>
Making a list of transferrable skills, and any skills they would like to build up.	
Improving digital skills: setting up an e-mail account; browsing the internet; and keeping a log to chart progress.	This DPT: <u>Digital Services</u>
Leaving the house every day, keeping a log to chart progress (e.g. walking around the block; going to the corner shop; going into town).	
Considering referral to professional service (e.g. counselling, physiotherapy etc.) through GP or self-referral. Keep a log of any research you do, or contact that you make.	NHS Choices: <u>"Find your GP"</u>
Researching local self-help centres / support groups appropriate to claimant's health condition (through library, internet, Yellow pages etc.). Keep a log of any research you do, or contact that you make.	