

# Self-Care & Independence



The Aussie Hands Foundation Inc.

Learning to do new tasks can be pretty tricky. Think of something that you'd like to learn how to do, and then make a step-by-step plan of how you'd like to achieve it. You might want to look at our ['Tying Up Shoelaces'](#) or ['Doing Up Buttons'](#) documents as an example!

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(draw a picture here to help you remember)

