Exercise 3.4. Identifying my expenses.

Aging adults with intellectual disabilities find it difficult to identify their weekly/monthly expenses and what the priorities are. In this exercise, the educator will define the idea of expenses, the different types of expenses and how often we have expenses in a way they can understand.

The educator will ask the group to answer the 5 questions below. Each member of the group can contribute their own ideas and, after that, the educator will define the following concepts all together:

* What is an expense?
* What types of expenses are there? (Fixed and variable)
* Do you know your weekly expenses?
* Do you know your monthly expenses?
* Do you know your yearly expenses?

Note: These definitions should be written somewhere visible to all (such as a board) so that we can check them whenever it is needed and are able to do the following exercises.

In order to consolidate the concept of expenses, the educator will carry out the following practical activities:



Identify which incomes are fixed.

and which are variable 

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| --- | --- |
| **EXPENSES** | **TYPES OF EXPENSES** |
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| Variable expenses (sometimes)C:\Users\Usuario\Desktop\ARASAAC Color\Pictogramas_Color_completo\a veces_1.png |

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|  **Philip´s expenses C:\Users\Usuario\Desktop\ARASAAC Color\Pictogramas_Color_completo\pagar.png C:\Users\Usuario\Desktop\ARASAAC Color\Pictogramas_Color_completo\mes.png** | **Amount**  http://www.arasaac.org/classes/img/thumbnail.php?i=c2l6ZT0zMDAmcnV0YT0uLi8uLi9yZXBvc2l0b3Jpby9vcmlnaW5hbGVzLzI0NzMxLnBuZw== |
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| **Total:**  |  |

We will continue with Philip's story to explain this exercise. Once Philip's expenses have been explained, each member of the group should identify their income and fill out the template that will be provided on paper.

Philip lives with his girlfriend and has to pay for household expenses every month (water, electricity, rent, food). Philip needs 500 Euros to pay for all the living expenses.

Philip’s mobile phone costs 25 Euros.

It was his birthday this month, and he has invited his friends for something to eat in a coffee shop and has spent 30 Euros.

Philip likes music. His favourite band has released a new album and he has bought it for 12 Euros.

Every other week, he goes to the cinema with his girlfriend and they eat out. He spends 30 Euros per month in this activity that he enjoys so much.

We are going to help Philip find out how much money he has this month, filling in the table on the right.

Identify the concepts that account for Philip’s expenses and corresponding amounts, and place them in the appropriate box:

**Philip´s expenses table**

Finally, each participant, can do the same with their own expenses.

The expenses of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  **My expenses** C:\Users\Usuario\Desktop\ARASAAC Color\Pictogramas_Color_completo\pagar.png C:\Users\Usuario\Desktop\ARASAAC Color\Pictogramas_Color_completo\mes.png | **Amount** http://www.arasaac.org/classes/img/thumbnail.php?i=c2l6ZT0zMDAmcnV0YT0uLi8uLi9yZXBvc2l0b3Jpby9vcmlnaW5hbGVzLzI0NzMxLnBuZw== |
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| **Total:**  |  |