

Aids To Independence

Department: Independent Living Skills

Priority: High priority

Overall purpose of class:

Survey class covering a variety of topics. This class presents the practical side of the Exploring Abilities core class in the Counseling department. It focuses on increasing the student's knowledge of resources for finding and creating needed environmental adaptations, as well as teaching the proper use of adaptive equipment. Safety and dressing concerns are covered. Particular stress is placed on preventing falls and other accidents in the home.

Number of classes held per week:

1

Optimum class time:

Morning

Instructor requirements:

1 occupational therapist

Number of students:

10

Student ability range and limitations:

Students need to have adequate comprehension to process information. The class is adapted for those who cannot read or write. Handouts are frequently provided for home and caregiver use.

Space and Equipment requirements:

Table and chairs to accommodate up to 10 students. A wide variety of adaptive equipment samples and catalogs are necessary.

Student Needs to be met from the perspective of the instructor:

Students needs for achieving and maintaining greater independence in daily living as well as enriching their current lives benefit from this class. Students needs to Explore and practicing new skills are met. There is a great deal of Group encouragement and sharing.

Typical Student Goals that lead to placement in the class:

Trying to stay independent and increase independence and expand scope of activity at home and in the community. Want to regain or learn new activities that expand

independence by learning new skills, adaptations and resources. Students who want to increase problem solving abilities and adapt to the new circumstances request this class.

Aides to Independence--Partial list of weekly topics

- Introduction Home safety
- Bathroom transfers and adaptations
- Kitchen/cooking and independent living food services
- Nutrition
- Energy conservation/joint protection.
- Activities of daily living, dressing, self care
- Wheelchair mobility and Equipment
- Transportation, Driving evaluation, and public
- Travel, Recreation, Plan a Trip
- Communication-- Phone Services, Lifeline, Library, Low Vision
- Time perspective and use of time
- Ten things I like to do
- Assertiveness, rights in social interactions
- Medical care issues
- Consumer advocacy
- Resources for repairs and services
- Architectural access in our community
- Volunteering