

CDPVTC Training Area

LifeSkills Enhancement

The LifeSkills Enhancement Program is a three-month program that provides services for persons with a range of disabilities including but not limited to Autism Spectrum Disorder, Intellectual Disabilities, Learning Disabilities and Traumatic Brain Injury.



Requirements & Course Duration

Participants in the program must require intensive occupational therapy, speech therapy and physical therapy. Participants should also be able to read at a fourth-grade level or above. This three-month long program includes PT, OT, and Speech as well as the following groups: Critical Thinking Skills, Community Management, Grooming Hygiene, Home Management, Food Preparation, Health Awareness, T.A.L.K., Orientation, Self Esteem, Stress/Anger Management, Community Management, and Medication Administration. Psychological Services and Rehabilitation Technology are also available as needed.

Learning Objectives & Goals

- Maximize functional and cognitive abilities
- Explore vocational skills and options in which the consumer might succeed
- Increase the consumer's activity level
- Improve vocational potential
- Improve pre-employment skills such as time management, grooming hygiene, coping with frustration, and interacting with co-workers and supervisors
- Utilize unstructured time in a constructive and beneficial manner
- Increase the consumers overall level of independence
- The primary goal of the LifeSkills Enhancement Program is to achieve significant and measurable improvements that enable individuals to enjoy a more productive and satisfying life. The program aims to optimize cognitive, physical, social and vocational function for each consumer. Treatment is practical and targets development of greater independence, improvement of everyday function and achievement of academic and vocational goals.



Groups

Critical Thinking

Assists the consumer through introduction of techniques to improve problem solving and critical thinking skills for functional daily living tasks and in employment settings.

Community Management

Addresses increasing the consumer's performance level in a variety of activities related to decision making, financial management/budgeting and banking options, bill payment options, shopping options, transportation options and independent living factors.

Grooming Hygiene

Focuses on the importance of vocationally appropriate grooming hygiene skills which are essential for obtaining and maintaining employment.

Home Management

Teaches skills necessary to maintain a clean living environment.

Food Preparation

Aims to improve the consumer's ability to prepare food items using simplified recipes. Consumers learn about kitchen safety, equipment operation, and shopping skills.

Health Awareness

Improves general health through education on various health issues. It promotes a life-long healthier attitude on diet and exercise.

Taking Apart Language Knots (T.A.L.K.)

The primary purpose of the T.A.L.K. is to help consumers with verbal and non-verbal communication problems. Participants learn about personal space, interpreting cues, cultural differences and verbal prosody. Also, issues such as getting to the point, giving/receiving directions, literal vs. figurative language, and rhythm and rhyming strategies are also taught and practiced

Orientation

Focuses on improving orientation to date, time, and place; developing a functional daily schedule; and incorporating compensatory aids for greater independence in daily living.

Self Esteem

A social skills group to help individual members to become more aware and accepting of all aspects of their identity. Members will learn about the impact of negative self-talk and ways to counter it. Disability awareness and self-concept are key components to learning how individual behavior impacts the individual and others in the work setting.

Stress/Anger Management

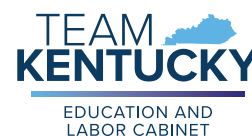
Defines stress and helps each individual identify their particular stressors and how they react to internal and external stressors. Members will work on strategies to practice reducing physical and emotional symptoms, and work toward creating techniques to help them assert healthy anger and productive conflict resolution.

Medication Administration

Directed toward increasing consumers' knowledge regarding their medication regime. The goal is for consumers to be able to safely self-administer their own medications, the importance of medication safety, what to do in the case of an allergic reaction, what warning labels mean, how to travel with medications, and how to get prescriptions filled and refilled.



To learn more about this program and others, please scan the QR code.



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