

PHYSICAL MEDICINE AND REHABILITATION SERVICES

ASSISTED LIVING UNIT

Nursing services are provided 24 hours a day under the direction of licensed physicians. All services promote an optimal state of wellness and independent functioning by assessing general health and providing restorative health maintenance.

PHYSICIAN'S CLINIC

A physician provides primary care for the physically challenged, a wide variety of orthopedic and neurological services, and other disability related medical problems that may occur.

LIFE SKILLS ENHANCEMENT PROGRAM

The Lifeskills Enhancement Program is a three month program that provides services to persons with a range of disabilities including, but not limited to Autism Spectrum Disorders, learning disabilities, and traumatic brain injury. The primary goal of the program is to assist consumers to optimize cognitive, physical, social and vocational functioning. The program includes physical therapy, occupational therapy, and speech therapy along with several groups such as Critical Thinking, Social Skills, Medication Administration, and more. Lifeskills Enhancement is typically completed prior to enrollment in a skill training program.

PHYSICAL THERAPY

Physical therapy treatments improve physical functioning of an individual after an injury, illness, or disease. Therapy is provided by a licensed therapist upon referral by a physician and the development of a therapeutic plan.

OCCUPATIONAL THERAPY

Occupational therapy provides treatment programs based on purposeful activities. The goal is to assist consumers of all ages who need skilled assistance to maximize their independence because of physical, developmental, or emotional problems.

PHYSICAL RESTORATION PROGRAM

The Physical Restoration Program provides an intensive, multi-disciplinary approach to increasing or restoring functional living skills and promoting the most efficient use of existing skills.

REHABILITATION TECHNOLOGY

Rehabilitation technology is the adaption of the physical environment to meet the needs of consumers, which includes modifying job tasks and customizing work stations.

ASSISTIVE TECHNOLOGY

Assistive technology services are provided to consumers who require the use of special technology or equipment to better manage daily activities at home, in the workplace, or in the community.

SPEECH PATHOLOGY

Speech therapy is offered for a variety of communication disorders including expressive and receptive language, voice problems, disorders of fluency and articulation, motor speech, and aural rehabilitation.

ADDITIONAL SERVICES

PSYCHOLOGICAL SERVICES

Mental health services are available to help meet individual goals through individual and group counseling including anger management, relationship, self esteem and socialization, alcohol and drug assessments and counseling, psychiatric evaluations, and crisis intervention.

GENERAL EDUCATIONAL DEVELOPMENT TEST PREPARATION & ADULT EDUCATION

Instruction to help persons pass the General Educational Development test is available to consumers enrolled at the Perkins Center and to eligible adults who are not enrolled at the facility.

BeST PROGRAM

Students who attend the Perkins Center are required to participate in the Behavior Intervention Supports & Techniques (BeST) program that is designed to teach appropriate work behaviors. Students are expected to display appropriate behaviors at all times and consequences apply to those who do not comply with the rules of the program and the Perkins Center.

REAPPLYING FOR SERVICES

Individuals who have previously received services from the Perkins Center may re-apply to return. Eligibility for admission will be determined at the time the Perkins Center receives the referral from the counselor with the Kentucky Office of Vocational Rehabilitation.

CLASS HOURS

Classes are in session each Monday through Friday from 8:00 am until 3:00 pm excluding holidays. Classes are dismissed for 3 weeks in the late spring/early summer for a student summer break and again for 3 weeks during the winter holidays.

TOUR INFORMATION

Tours of the Perkins Center are available from Monday through Friday when classes are in session. Tours can be scheduled by contacting the Center at:

1-800-443-2187 (In Kentucky only)

Or

1-606-788-7080 (extension 86591)

We encourage persons or groups who would like to tour the facility to schedule the tour a minimum of one week in advance of the requested date.



The Kentucky Office of Vocational Rehabilitation and the Perkins Center do not discriminate on the basis of race, color, national origin, sex, disability, age, religion or marital status in employment or provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities an equal opportunity to participate in all programs.

Notes from My Visit

Brochure Revision Date

April, 2017

CARL D. PERKINS VOCATIONAL TRAINING CENTER



5659 Main Street
Thelma, Kentucky 41260



EDUCATION & WORKFORCE DEVELOPMENT CABINET OFFICE OF VOCATIONAL REHABILITATION

(606) 788-7080

(606) 788-7076 (Fax)

(800) 443-2187 (Kentucky only)

Deaf Services (Video Phone)

1-866-761-0818

<http://kcc.ky.gov>

What is the mission of the Perkins Center and how can I apply for services?

The Perkins Center provides several types of programs and services to help persons with disabilities achieve sustainable competitive integrated employment, maximize independence, yet gain self-respect through the provision of comprehensive services. A case referral from a counselor with the Kentucky Office of Vocational Rehabilitation is required in order to apply for admission. Other agencies may sponsor an individual for enrollment if an agreement is in place with the Kentucky Office of Vocational Rehabilitation.

How much will it cost me to attend ?

There is no cost to consumers to attend the Perkins Center if the consumer is referred through the Kentucky Office of Vocational Rehabilitation.

VOCATIONAL SERVICES

VOCATIONAL EVALUATION

The Comprehensive Vocational Evaluation program assesses an individual's vocational aptitudes and interests, academics, work competencies, independent living skills, and current level of work-related skills. The evaluation takes approximately a day and a half to complete but can be adjusted to meet the individual needs of the consumer.

ACADEMIC AND LIFESKILLS PROGRAM OF HIGHER ACHIEVEMENT (ALPHA)

This program is designed to provide instruction and support to assist students in the successful completion of vocational training or postsecondary education. Classes offered in this program include: Computer Basics, Reading, Math, Community Living, Social Skills, Research & Study Skills, and Individual Support /Tutoring.

ALPHA students meeting entrance/program pre-requisites can live at the Perkins Center and attend programs available at local Kentucky Community & Technical College System campuses in nearby Paintsville or Prestonsburg, Kentucky.

WORK ADJUSTMENT PROGRAM

The Work Adjustment Program is available for individuals who have never worked before, have had sporadic work histories, have not worked in a long time, or have behavioral/attitude issues that need to be addressed in order to obtain and maintain employment. This program is designed to improve work-related behaviors and enhance interpersonal skills.

ADULT EDUCATION

Adult Education services provide academic skills instruction and GED preparation to assist individuals in improving educational attainment levels and successfully entering employment and postsecondary education.

CUSTOMIZED TRAINING

Customized training is available through cooperative agreements between the Perkins Center and local businesses/schools/hospitals. Customized training enables consumers to be trained for specific occupations not currently offered at the Perkins Center.

DRIVER EDUCATION (INSTRUCTION PERMIT CLASS/ BEHIND THE WHEEL)

The Driver Education program prepares individuals to test for a Kentucky instructional permit and driver's license.

OCCUPATIONAL SKILL TRAINING PROGRAMS

● AUTOMOBILE LUBRICATION & DETAILING

The program provides coursework and hands-on training necessary to change motor oil, lubricate vehicles, clean vehicles, and perform other related duties. The program is 300 clock hours.

● BUILDING MAINTENANCE

The program provides course work, classroom, and hands-on experience in custodial, electrical, plumbing, painting, and grounds keeping tasks. The program is 720 clock hours.

● CHILD CARE DEVELOPMENT

The program provides both classroom and practical training experience to prepare consumers to work in private or public day care facilities such as schools, workplaces, religious institutions, or private businesses. The program is approximately 480 to 1080 clock hours.

● COSMETOLOGY

The program prepares students to become licensed cosmetologists. The program is 1800 clock hours which includes 600 hours of theory and 1200 hours of practical application as required by the Kentucky State Board of Hairdressers and Cosmetologists. The student must pass an examination administered by the Board upon completion of their program in order to obtain a cosmetology license.

● CUSTODIAL SERVICES

The program is designed to provide learning experiences in the fundamentals of custodial training such as basic floor/carpet/furniture care, office and classroom cleaning, etc. The program is approximately 360 clock hours.

● FOOD SERVICE

The program is designed to develop skills necessary for employment in the food service industry. Program activities include class work, laboratories, and task performance. The program is approximately 100 to 300 clock hours. The program prepares students for the ServSafe ® certification test.

● GROUNDS KEEPING

The program is designed to develop skills necessary for employment in the area of horticulture such as lawn care, landscaping, greenhouse operations, or similar jobs. The program is approximately 200 to 600 clock hours.

● INDUSTRIAL TRUCK OPERATOR

The program combines academic knowledge with practical skills and emphasizes hands-on learning. This program prepares students to safely operate industrial trucks (forklifts) in a variety of industrial, factory, and warehousing opportunities.

Instruction consists of classroom preparation and a minimum of 200 clock hours of practical hands-on training. Students are expected to participate in a concluding, industry-recognized post-test.

● MATERIALS MANAGEMENT

The program provides instruction with receiving, storing, packaging, shipping, freight handling, and electronic devices. In addition, consumers are introduced to industrial lift trucks and material handling equipment. The program is approximately 300 to 600 clock hours.

● OFFICE TECHNOLOGY

The program offers instruction with Microsoft Office software programs, data entry, filing, and communication skills reinforced with repeated practice to students. The program is 300 to 600 clock hours.

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Visit the Kentucky Career Center website address listed below to learn more about program services available through the Kentucky Office of Vocational Rehabilitation and the Perkins Center. Please contact our Admissions Office if you have any questions or would like more information regarding enrollment at the Perkins Center.

<http://kcc.ky.gov>

LOCATION  
**The Perkins Center is located at Thelma, Kentucky in Johnson County. Paintsville is the county seat. Driving time is approximately two hours (east) from Lexington and approximately one hour from the cities of Ashland (north) or Pikeville (south).**

## STUDENT SERVICES

### CASE MANAGEMENT AND TRANSPORTATION SERVICES

Upon admission, each consumer is assigned a case manager who coordinates services for that person's program throughout enrollment. The case manager serves as a liaison between the Perkins Center and the family and/or the agency making the referral. Using vocational assessment results, the case manager and consumer develop an individual plan of services.

Case managers continually review individual programs and support development of independence and self sufficiency. They also make changes or resolve conflicts with schedules, programs or services, pass levels, etc., and assist consumers with personal problems. Reports on the individual's progress and grades in vocational skills training are forwarded to the OVR counselor.

The Perkins Center operates a van fleet for consumers who require transportation to begin their program and/or require transportation to return home at the time they are discharged from the Perkins Center.

### RESIDENTIAL HOUSING & CAFETERIA SERVICES

Residential housing is available for those consumers who require minimal supervision and who have demonstrated a high level of independence.

Dormitory and/or security personnel are on duty 24 hours per day, seven days per week, to supervise dorm activities. The dormitory has an intercom system, and staff members are trained to address the needs of individuals who are deaf/hard of hearing.

A cafeteria is located at the Perkins Center. Cafeteria services are available each day of the week to serve breakfast, lunch, and dinner to consumers.

### RECREATION SERVICES

The objectives of the recreation unit are to assist persons with disabilities in becoming self-sufficient and reaching their highest level of physical, mental and emotional potential through structured activities offered on a free choice or referral basis.

Activities include shopping trips, picnics, trips to sporting events, weightlifting, billiards, volleyball, ping pong, air hockey, bowling, dances, ceramics, softball, basketball, board games and much more.

## RESIDENTIAL SERVICES

### INDEPENDENT LIVING CLASS

This class is available to individuals who need to enhance skills in the areas of hygiene and grooming, housekeeping, budgeting, meal planning, time management, and sex education.