

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

SPE 320 - Independent Living Skills for Persons with Substantial Disabilities **0 Unit(s)**

Prerequisite(s): NONE

Recommended Prep: Special Education K-12

Transfer Status: NT

280 hours Lab

This course provides independent living training for persons with substantial disabilities. Independent Living Skills focuses on establishing/maintaining a positive lifestyle, opportunity to progress to the highest level of independent functioning, and hands on training in each student's living environment. Topics include health and safety, personal hygiene, cooking/nutrition, exercise, money and time management, medical awareness, problem solving, communication skills, and emergency preparedness. An individual assessment of needs as well as an ongoing Individual Service Plan (ISP) is a component of this course. The ISP will dictate the number of hours each student will spend in this course. Unlimited repeats. Satisfactory/Unsatisfactory Only. Open Entry/Open Exit.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Apply the skills necessary to live independently.
- B. Demonstrate independence in a confident manner.
- C. Practice responsibility and recognize available circles of support.
- D. Practice good nutrition and exercise habits.
- E. Practice good grooming, hygiene and clothing choice.
- F. Recognize and foster appropriate sexual awareness and utilize available educational opportunities.
- G. Employ an understanding of the value of money management and budgeting.
- H. Demonstrate time awareness and management.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lab	
<u>Topics</u>	<u>Hours</u>
1. Health and safety	32.00
2. Personal hygiene	31.00
3. Cooking and nutrition	31.00
4. Money management	31.00
5. Time management	31.00
6. Medical/medication awareness	31.00
7. Problem solving	31.00
8. Communication skill development	31.00
9. Emergency preparedness	31.00
Total Hours	280.00

IV. METHODS OF INSTRUCTION

- A. Demonstrations
- B. Individual Instruction
- C. Hands on training/guidance in personal residence or community setting
- D. Educational outings within community (bank, grocery store, pharmacy)

V. METHODS OF EVALUATION

- A. Practical Evaluations
- B. Individual Service Plans developed to assess placement of student into program and establish desired outcomes and individual developmental objectives covering social and physical needs
- C. Individual Progress Conferences utilizing frequency charts to evaluate the student's progress toward established objectives
- D. Participation/practical application is utilized throughout the day in all settings to enhance learning opportunities

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
- B. Writing Assignments
- C. Out-of-Class Assignments

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. Kitchen appliances and utensils/household appliances
- B. Newspaper
- C. Computer
- D. Bookkeeping materials
- E. Medication dispensers

Created/Revised by: Susan Mendez

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