

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

DSPS 606D

COURSE TITLE

LIVING SKILLS-DISABLED

TYPE COURSE

NON-FEE

CATALOG COURSE DESCRIPTION

This course is designed to assist students with disabilities to develop basic survival skills. The course will include budgeting, shopping, meal preparation, housekeeping, clothing care, home health care, communication skills, transportation sources, and community resources. (FT)

LECTURE/LABORATORY HOURS

3 hours per week
(for 18 weeks)

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development
SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

1. To assist students with disabilities to develop basic skills that will allow them to develop independent life styles.
2. To assist each student to develop skills to adjust to his/her disability.
3. To develop an awareness of the process involved in decision-making and the acceptance of the consequences of each decision.
4. To develop the ability to solve personal, emotional and financial problems.
5. To provide the opportunity for students with disabilities to practice skills which will enable them to live successfully in the mainstream of the community.

COURSE OBJECTIVES

1. To self-evaluate the current status of each student's lifestyle.
2. To identify specific areas of needed skill.
3. To implement the steps appropriate to the circumstances.
4. To investigate the steps in the decision-making process.
5. To investigate consumer-oriented community resources.
6. To explore public transportation.
7. To develop money management skills.
8. To identify and explore the components of general health.
9. To identify the importance of hygiene and grooming.
10. To demonstrate basic cooking techniques.
11. To demonstrate the use of adapted household equipment.

SECTION II

COURSE CONTENT AND SCOPE

1. Rehabilitation
 - 1.1. Communication skills
 - 1.1.1. Identification of individual strengths and weaknesses
 - 1.1.2. Personal preferences
 - 1.1.3. Sources of income
 - 1.1.4. Psychological awareness

1.2. Personal care skills

COURSE CONTENT AND SCOPE (CONTINUED)

- 1.2.1. Evaluation of existing skills
- 1.2.2. Identification of specific needed skills
- 1.2.3. Community resources
- 1.2.4. Health care services
- 1.2.5. Adapted equipment for independent care

1.3. Personal management skills

- 1.3.1. Evaluation of existing skills
- 1.3.2. Process of budgeting
- 1.3.3. Techniques for handling money
- 1.3.4. Adapted housekeeping techniques
- 1.3.5. Low cost recreational activities
- 1.3.6. Community organizations to assist individuals with disabilities
- 1.3.7. Social Security benefits

1.4. Mobility skills

- 1.4.1. Evaluation of existing skills
- 1.4.2. Adapted equipment to assist in daily living
- 1.4.3. Rehabilitative techniques for performing household tasks

1.5. Career skills

- 1.5.1. Skills necessary for independent living
- 1.5.2. Sources of potential employment
- 1.5.3. Additional skills needed for employment

2. Habilitation

2.1. Communication skills

- 2.1.1. Sources of assistance
- 2.1.2. Values and goals
- 2.1.3. Decision-making
- 2.1.4. Identification of dietary limitations
- 2.1.5. Social needs
- 2.1.6. Coping with limitation of the disability

2.2. Personal care skills

- 2.2.1. Nutritional needs based on activity patterns
- 2.2.2. Sanitation in the home
- 2.2.3. Personal and home safety
- 2.2.4. Consumer information
- 2.2.5. Attendant care
- 2.2.6. Individual adaptations needed in the home

2.3. Personal management skills

- 2.3.1. Identification of current financial status
- 2.3.2. Meal management
- 2.3.3. Adapted cooking techniques
- 2.3.4. Portable appliances and adapted equipment
- 2.3.5. Use of the telephone for needed services

2.4. Mobility skills

- 2.4.1. Services of public transportation system
- 2.4.2. Transportation services for the disabled
- 2.4.3. Delivery services

2.5. Career skills

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.5.1. Potential jobs for individuals with disabilities
- 2.5.2. Sources of skill development for employment
- 2.5.3. Techniques for becoming employable

3. Enrichment

3.1. Communication skills

- 3.1.1. Creative aspects of homemaking
- 3.1.2. Social environments
- 3.1.3. Goals for personal development

3.2. Personal care skills

- 3.2.1. Consumer product information
- 3.2.2. First aid techniques
- 3.2.3. Home care of the sick

3.3. Personal management skills

- 3.3.1. Credit counselors
- 3.3.2. Legal aid
- 3.3.3. Legislation related individuals with disabilities
- 3.3.4. Home computers

3.4. Mobility skills

- 3.4.1. Impacting community decision-makers
- 3.4.2. Use of transportation systems

3.5. Career skills

- 3.5.1. Potential career areas
- 3.5.2. Job satisfactions
- 3.5.3. Public awareness of job skills of the disabled

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

Class participation; progress as reported on an individual education plan.

METHOD OF INSTRUCTION

Discussion, demonstrations, films, class projects, individual projects, field trips.

TEXTS AND SUPPLIES

Texts:

Choosing and Using Home Equipment
Decision-Making for Consumers
Economic Characteristics of Department Store Credit
The Energy Crisis
Family Finances
Knowing How to Budget and Buy
The Supermarket Trap
Your Paycheck
Leisure counseling
On Your Own
Protecting the Vulnerable Adult
Social Insurance
Big Ideas in Nutrition Education

Filmstrips:

ABC;s of Food Poisoning
Food and Nutrition: Dollars and Sense
The Marvels of Microwave
New Horizons; A Course in Appliances
About Advertising
Be a Better Shopper
Budgeting
Money, Debt, and Credit

Films:

Consumer and the Supermarket
Eat, Drink, and be Wary
How a Hamburger Turns Into You
Foot in the Door
Magical Disappearing Money
The Money Tree
More
This is Fraud
Your Right to a Hearing

Equipment:

LIVING SKILLS-DISABLED

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Various length reachers and grabbers, dorsal wrist splint, adjustable work table, overhead mirror, swivel C clip holder, Universal ADL cuff, functional position clamps, telescoping magnet.

PREPARED BY Judy Brae DATE January 20, 1984

REVISED BY Marie Doerner DATE May 27, 2008

REVISED BY Instructional Services, SLOs added DATE March 16, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog