

LIFE SKILLS | TECHNIQUES OF DAILY LIVING

PREVIEW

Our Techniques of Daily Living (TDL) course works to offer students an opportunity to learn and enhance the skills that are needed to become more independent. This training teaches the fundamentals of self care, cooking and household cleaning that will aid students in taking better care of themselves. But our ultimate goal is for students to overcome some of their fears and apply what they have learned so they can become more independent as they strive to reach their goals and integrate safely back into their homes and into the workforce. Because we interact with students at various stages of development and life skills, our TDL class addresses students' needs on an individualized basis. Course length is based on where the individual is at the time of entry and their needs, skill set, abilities and motivation/drive.

MORE DETAILS

When a student comes into the classroom they receive an orientation to identify their strengths and weaknesses, a discussion follows to talk about their concerns and expectations. Afterwards, a tour of the classroom is conducted.

This training is designed to meet them where they are, on an individual level without shaming or making them feel uncomfortable. When trained properly and treated with respect, our student's gain the confidence needed to empower themselves and maintain independence.

Program Goals: To provide our students an opportunity to develop skills that will enable them to live independently in the community safely and responsibly. Furthermore, to engage our students in community outings that will aid them in being more responsible, learn to take care of themselves and how to overcome anxiety. Lastly, to provide them with an opportunity to demonstrate their ability to access resources, utilize technology that will aid them in being more proficient in their home and kitchen. Also, to provide an outlet that will give them the ability to navigate within their surroundings and advocate for themselves.

Test Out: Once the student has successfully demonstrated their ability to perform the necessary requirements for this course, they will then plan and prepare a balance meal for four guests including themselves. The expectation is to show off the skills they have learned, and to demonstrate their ability to cook safely, to serve their guests, socialize and clean up afterward.