



Activities of Daily Living (SELF) Training (ADL) 2019

Directions

Hello team!

Based on OOD's VR provider manual, an assessment must be completed. In our case it, because the services needed and provided are so broad we would like to ask that the team complete the assessment.

1. Fill in the participant's name.
2. Fill in the counselor's name.
3. Add in the names of people, school or agency that will receive a copy of the final form. (releases of information will be obtained)
4. First column: if the participant needs to learn or receive information on this topic please put an X. If not, then leave blank.
5. Second column: the task that will be taught, demonstrated, practiced several times and several ways
6. Third column: the participant will make a comment on what they learned or how they feel they did
7. Fourth column: the direct provider comments, if they need to continue or not
8. Fifth column: recommendations or things they can practice
9. Sixth column: an X will be placed if they have mastered the task

These tasks are based on our curriculum. Staff work to meet the language and comprehension needs of each youth. Groups are at most a 1:4 ratio and all staff are fluent in sign language or an interpreter will be present.

If anyone has any questions please contact Deaf Services Center and we would be please to review and share the curriculum.



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Youth Name: _____ Counselor Name: _____

Names of individuals who will receive a copy of the final list: _____

Nutrition

Y	DATE	SKILLS	YOUTH COMMENTS	PROVIDER COMMENTS	RECOMMENDATIONS	P
		Plan meals for one week. Use internet and cookbooks to find recipe. Ask about allergy to food.				
		Use grocers circular to find items on sale to save money. Use Kroger App to find digital coupons to save money.				
		Compare same food and see what is less expensive. Look and OZ., lb., and price				

	Ask hearing grocery store employee to find an item in the store, use paper/pen, type of phone, use voice if can, no interpreter.				
	Understand the item and cost screen with the grocery store and how to use a credit card, or gift card to pay for the food.				
	Unpacking and storing food needs to be in refrigerator, freezer, on shelves. Food temperature safety.				
	Reading recipe understand, mix, stir, cut, chop, fry, bake, boil, sauté etc.				
	Mean tsp, tbsp, cup, oz., lb and how to measure food from ¼ - 1				

		Follow instructions on recipe or box. Will ask if not understand.			
		Understand how to use cooking utensils, knife, peelers, tongs, hot pad holders, ladle, and meat thermometer.			
		Wash hands often with warm soapy water and dry with paper towel. Sneeze, touch face, touch hair, touch other person, need wash hands again.			
		Clean kitchen so sanitize and not spread germs. Use dishwasher, hand wash dishes, wipe down counter, wipe down refrigerator door, learn separate meats from other foods (wipe down in between), soaps to use, sweep floor, empty trash, and mop floors.			
		Food Pyramid discussion and the areas of kind of food. Learn how much to eat of each. Grain, vegetable, fruit, milk, protein.			

		Unhealthy foods what they are and why unhealthy.				
		Calorie what is it and how many to eat each day. Good calorie and not good calorie.				
		Read food label. Calorie, saturated fat, fiber, sodium, sugar, protein, vitamins.				
		Obese mean what? Cause diabetes, heart disease, doctor can help.				
		Exercise is what? Running, walking, swimming name more. How much per day should people exercise.				

		Learn to use VP to order food – use interpreter on VP, have order ready and not use local signs (fingerspell specific things).				
		Learn about Choosemyplate.gov to find recipes and learn about tips for lower cost shopping.				
		Learn about spices and how to use them and measure them.				

Life Navigation

Y	DATE	SKILLS	YOUTH COMMENTS	PROVIDER COMMENTS	RECOMMENDATIONS	P
		Practice using the Video phone VP – announce who you are or not, learning how to use the interpreter, no local signs, keep hands and arms in the screen. Explain short what you want to the interpreter before the call. Thank the interpreter and you have to hang up interpreter will not.				
		Using VP on smart phone. Pick the company you want, download app, and find phone number.				
		If problems with VP how do you fix it. Customer help on VP and on smart phone.				
		Answering message. Professional and				

		brief. Do not make a long answer message for sign mail.				
		Other technology to communicate: Glide, Group me, google duo, texting, facetime, boogie board etc				
		Learn about what is a Community Center for the Deaf. Where is your center, call and ask questions.				
		Learn about what are services you can get in your community. VR, job and family services, children services, work programs.				
		Social Security Office – what is it for? Social Security card, retirement if work for a long time, if become hurt can't work.				

		Set goals and how to get support or achieve goals.			
		Taking care of yourself and your things. Finding a doctor, dentist, haircut, bank, hospital, grocery store, learn to use internet and friends to find things for living.			
		Learn about communicating with the community. How will you communicate with hearing people on job, in a bank, on the bus, fix your car etc.			

Finance

Y	DATE	SKILL	YOUTH COMMENTS	PROVIDER COMMENTS	RECOMMENDATIONS	P
		Create a budget based on job goal wage.				
		Practice opening a mock bank account.				
		Meet with bank to understand checking, savings and other accounts				
		Practice communicating with teller				

		Learn how to use ATM machine and find out balance				
		Can explain what is taken out of paycheck for tax and deductions				
		Call apartment building where you think you will live and ask about rent, utilities, pets, etc.				
		Can explain what is a signed lease, signed loan, legal document means.				
		What is interest rate for loans or accounts?				

		Credit score and how to research and learn about what can make it better or worse.			
		Payday loans and what they are for and how they can be avoided			
		Understanding utility bills			

Living Skills

Y	DATE	SKILL	YOUTH COMMENTS	PROVIDER COMMENTS	RECOMMENDATIONS
		Understanding states of life and			

		physical needs during these stages.				
		Hypothetical situations and learn about problem solving and critical thinking to resolve issues.				
		Using a budget, practice making decisions about money to avoid crisis situations.				
		Real life vs student life time management and scheduling				
		Review hygiene and grooming.				

		Caring for your clothes – washer, dryer, dry clean, air dry, iron. Reading label on clothing.			
		Discuss the positives and negatives of working/living with people or alone			
		Team work and communication in a family/roommate living situation			
		Home chores management			
		Fire/emergency protocols – texting 911 if available. VP to emergency situation.			

		Transportation and what is available where you think you might live.				
		Understanding GPS, maps and apps that may help with transportation.				

Professional skills

Y	DATE	SKILL	YOUTH COMMENTS	PROVIDER COMMENTS	RECOMMENDATIONS	P
		Understand how to set goals and establish on personal and professional goal				
		Use a calendar to schedule days to accomplish goals and daily life				
		Explain about work and life balance				

		Set up morning and evening routines			
		Maintain a house/apartment			
		Discuss the difference with social cues between hearing and deaf individuals			
		Professional work attire			

		Planning out work schedule, requesting time off in advance, schedule appointments during off days.				
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