

Advocates for Access Life Skills Training Course Outline

Overview

This course will prepare and ensure individuals fully understand and can demonstrate the key behavioral skills taught through the Advocates for Access Life Skills Training Course curriculum.

Training Format

A 6-week, two-days-a-week, two-hour or a modified four-day, three-hour course teaching the Advocates for Access Life Skills Training Course curriculum. This will include hands-on activities, in-class homework, and a final assessment.

Fee

Any agency or court-mandated referral for the Life Skills course will be charged \$150/person. This charge will be due upfront before the course begins. The scheduling of class dates will be dependent upon the number of requests for services.

Curriculum Objects

1. Preparing the individual with social and interpersonal skills.
2. Managing the individual's demands of daily life.
3. Shaping the individual's self-confidence.
4. Inspiring the individual's critical thinking skills.
5. Fostering the individual's independence.
6. Helping the individual communicate and advocate more efficiently.

Course Study

- I. Introduction –
- II. Self-health –
- III. Children health –
- IV. Dietetics –
- V. Meal preparation –
- VI. Housekeeping –
- VII. Transportation –
- VIII. Finance –
- IX. Employment –
- X. Emergency services & resources –
- XI. Self-advocacy –
- XII. Graduation –