



SKILLS PLUS PROGRAM

2010-2011

ANNUAL REPORT

FAST FACTS

- 26 classes offered
- 3 part-time or full time staff
- 145 students served
- 47% of funding from fees
- 21% of funding from grants
- 16% of funding from fundraiser

PROGRAMS AND CLASSES

Mobility: Offers a variety of exercises and techniques to improve balance, posture, increase body awareness, progressive ambulation, weight bearing techniques, wheelchair propulsion, endurance, strength, flexibility, to name a few.

Independent Living Classes: Includes three different classes that focus on upper extremity function. They are, Meal Preparation, Adapted Activities and Arm, Hand Trunk Exercise. Safety awareness, planning positioning, range of motion and flexibility, tone control, eye-hand coordination, visual tracking and spatial skills are covered during class time.

Communication Skills: Offers 3 different classes, Reading and Writing, Enunciation and conversation skills. The classes may work on sound production, clarity, memory strategies, listening skills, comprehension, reading and math skills, basic computer skills, classes are designed to improve communication affected by aphasia.

Caregiver Classes: Monthly classes are held for individuals caring for a family member. A variety of topics are covered, sharing and networking are included. Caregivers may also be included in student classroom instruction to learn proper exercise and transfer techniques.

PARTNERSHIPS

Santa Clara University, Arrupe program sends SCU students to work in the various classrooms. Students learn about social justice with a lens on disabled adults. Skills Plus serves 4-18 SCU students per quarter.

Santa Clara University Engineering program, has been working with Skills Plus mobility teacher for the past several years in designing a specialized foot device.

San Jose State University sends Occupational therapy interns and speech therapy students for hands-on experience.

Skills Plus Advisory Committee again held a successful fundraising event in April. The group raised over \$14,000 this year and brought the community in contact with the program.

PROGRAM HIGHLIGHTS

Completed EPLR survey during Fall term.

Completed the FIM/FAM rating schedule every 6 months for all students enrolled. 12 different areas are rated using a numeric scale.

Special Activities were held throughout the year, such as Safety day, World Series Party, Golden Tones sing along, outside speakers and the PSA resource faire.

CONTACT

For more information, please contact Becky Pestarino, Program Supervisor, at (408) 423-3508 or email at bpestarino@scusd.net

