



## SKILLS PLUS PROGRAM

2012/2013

ANNUAL REPORT

### FAST FACTS

- 36 classes offered
- 3 part-time or full time staff
- 676 student registrations
- 172 unduplicated students served
- 54% of funding from fees
- 16% of funding from grants
- 30% of funding from fundraiser
- 1% of funding from ADA

### 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, tone control, eye-hand coordination, visual tracking and spatial skills are covered during class time.

**Communication Skills:** Offers 3 different classes, Reading & 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 and how to effectively communicate with the stroke survivor.

### 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. This project is now complete.

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

Skills Plus Advisory Committee held it's annual fundraising event in March The group raised over \$16,000 this year and brought the community in contact with the program.

### PROGRAM HIGHLIGHTS

Completed PSLOs survey during Fall 2012 term. Some of the results are: 85% of the students agree that they have improved/maintained their ability to function in daily life; 85% agree that they use the knowledge learned at school at home; 90% agree that the benefits achieved at Skills Plus have made a difference in their quality of life.

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, Summer Celebration, Holiday party and of course Halloween.

## **CONTACT**

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