

## Skills Plus Program - Medical Clearance

Patient Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Date of Onset: \_\_\_\_\_

Description of Disability:

\_\_\_\_\_

Pertinent medical history (i.e. seizure, hypertension, diabetes): \_\_\_\_\_

\_\_\_\_\_

Physician's Goal: \_\_\_\_\_

Precautions and Limitation: \_\_\_\_\_

Diet Limitations: \_\_\_\_\_

Pertinent Drug Therapy:

\_\_\_\_\_

\_\_\_\_\_

☐ This patient is approved by the physician to enroll in the Skills Plus Program.

Physician Name

Signature

Date

Physician's email: \_\_\_\_\_ Phone: \_\_\_\_\_

For questions, please call (408) 423-3570.

Please email the completed form to [skillsplus@scusd.net](mailto:skillsplus@scusd.net)

# Skills Plus Program

## Program for Physically Limited Adults

Educational definition for the physically limited: Serious impairment of locomotion of motor function, the impairment caused by crippling due to one or more of the following: stroke, arthritis, arteriosclerosis, Parkinson's, muscular dystrophy, muscular dystrophy, or severe cardiac impairment, congenital anomalies, osteomyelitis, other health impairments.

### Mobility Skills

#### Mobility Skills

Students learn skills to improve their mobility whether transferring from a wheelchair to walking without a device. We focus on maintaining and improving confidence and greater independence with mobility. Students are guided and encouraged in a group setting to improve strength, flexibility, coordination and endurance. Included in this course are supervised activities which improve balance, posture, and body awareness for all students. Students learn safe use of exercise equipment and can even practice safe transitions to/from different surfaces.

#### Adaptive Exercise

Each student will have an exercise program tailored specifically for them. The class focuses on flexibility and balance through core training, as well as muscle and strength development training. Students will find that this exercise program will increase their endurance and everyday skills.

### Independent Living Skills

#### Upper Body

Students develop their trunk and shoulder blade range of motion, with accompanied arm range of motion, strength and coordination. Through group exercise and attention to each individual's goals, students learn the 'why' and 'how' of their body's ability to reach their potential. Participants that use the learned techniques during their daily routines, with extra awareness of postural alignment and balance, will have improved confidence with their overall mobility.

#### Upper Body Exercise and Activities

Students will maintain or improve strength, flexibility, coordination, awareness and function of the upper body. Students will learn upper body exercises and how to modify them to meet their needs. Students can also participate in activities of daily living such as dressing, meal preparation, art, board games and adaptive sports. Adaptive golf and adaptive ping pong in the classroom is included.

### Communication Skills

#### Speech

The goal of the class is for students to gain confidence in communication and improve quality of life. Students learn strategies for a variety of areas including word finding, sentence complexity, intelligibility, and verbal clarity. Content may focus on improving cognitive-linguistic skills needed for daily functioning and community activity such as shopping, eating out, and other desired activities. Students may also work on cognitive skills such as concentration, memory compensation, functional problem solving and reasoning. Sessions focus on developing compensatory strategies for challenging areas. Students work on fundamental problem solving such as goal attainment, personal safety and participation in the community.

#### Reading, Writing, and Computer

Students focus on improving speech, language and cognitive-linguistic skills while completing a variety of activities, including reading and written work (worksheets, special projects related to interest areas) and computer activity (basic skills, use of simple software, home program for mental skills) or a group activity. The class is designed to meet the students' needs and desires while helping them become more independent at home and in the community.