

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

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 Class

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 Activity and Exercise Class

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.

Communication and Cognition Skills Class

The goal of the classes is for students to gain confidence in communication or cognition and thus improve quality of life. Students learn strategies for a variety of areas including word finding, expanding length of sentences, and increasing verbal clarity with the goal of participating in conversation and meaningful everyday activities. Students may also work on cognitive skills such as increasing attention, memory, and functional problem solving. Sessions will also focus on developing compensatory strategies for communication and cognition.