

RCD Life Skills Training:

- ▶ Specifically designed to suit the abilities of individuals with cognitive disabilities
- ▶ Special emphasis on using the community as a classroom
- ▶ Give the type of knowledge needed by everyone for everyday living
- ▶ 8 week curriculum on a variety of topics
- ▶ Use fun and interactive approach
- ▶ Delivered by experienced parents with family members with disabilities
- ▶ Time frame dependent on instructors' discretion and class composition
- ▶ Cultivate friendship and enhance social interaction

Registration Information:

- ▶ 3 terms a year
- ▶ 8 weeks' training
- ▶ Material fee of \$5 for 8 classes

2011 Term 2

Schedule: April 19 to
June 7, 2011

Date & Time: every Tuesday
afternoon from 2:30 to 4:00 PM

Venue: RCD, 100-5671 No. 3
Road, Richmond, BC

For registration and more info
call Carrie
at 604-232-2404
or email: carrie@rcdrichmond.org

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RICHMOND CENTRE FOR DISABILITY



Life Skills Training (In Chinese)

The purpose of this training is to increase participants' knowledge and ability in skills necessary for everyday living.

Topics included are:

- ◆ Eating Right
- ◆ Basic Cooking Skills
- ◆ Money Skills
- ◆ Road Safety
- ◆ Using the Bus System
- ◆ Home Safety
- ◆ Proper Social Conduct

Curriculum:

EATING RIGHT

1. Common nutrients
2. Healthy eating
3. Basic Cooking Skills
4. Fruits and vegetables
5. Balanced diet
6. Drink water

MONEY SKILLS

1. Counting Money – coins and bills
 - Money recognition and identification: learn different coins and bills
 - Match coin amount: give an amount and match with coins
 - Who has more coins: take some coins and compare who has more value
 - Count money with coins
 - Count money with bills
 - Money combination: count money with coins and bills
2. Spending Money
 - Shopping smart
 - What can we buy?
 - Get change

Curriculum (cont'd):

ROAD SAFETY

1. Walk safely on the road
2. Safety riding in a car
 - Wearing seatbelt
3. Safety on the bus

USING THE BUS SYSTEM

1. Bus fare and passes
2. How to behave when riding a bus?
3. Plan road trip – bus schedules

HOME SAFETY

1. Fire
2. Carbon Monoxide
3. Slips and Falls
4. Electrical Safety
5. DIY Safety

PROPER SOCIAL CONDUCT

1. Etiquettes
2. Dos and Don'ts

Mission of RCD:

To empower people with disabilities to participate in the community to the level of their desires and abilities by providing information, resource, support and by increasing community awareness and accessibility.

People with disabilities are empowered to live a more independent life when information and resources are readily available and easily accessible, in the appropriate format and channel.

They can make informed decisions on the following:

- Post secondary education
- Career and employment
- Money management
- Housing
- Food
- Clothing choices
- Personal care
- Friendship