



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:

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

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

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
- ▶ 10 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

Curriculum:

HOME SAFETY

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

ROAD SAFETY

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

EATING RIGHT

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

PROPER SOCIAL CONDUCT

1. Etiquettes
2. Dos and Don'ts

USING THE BUS SYSTEM

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

MONEY SKILLS

1. Counting Money – coins and bills
2. Spending Money – shopping smart; what can we buy; get change

Registration Information:

- ▶ 3 terms a year
- ▶ 8 weeks' training

Schedule: January, April and September Term

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