

# Option 8 Outline

## Day Services First Year Training

### 8 Contact Hours

#### Chapter 1: Mentor/Protégé guidelines

- Identify mentor responsibilities
- Clarify protégé responsibilities
- List tasks a mentor can teach
- Review the values of mentor relationship

#### Chapter 2: Individual specific training

- Identify skill development goals, service/support activities, behavior support plan, planned interventions, & related documentation requirements
- Clarify individual's preferences, strengths, diagnoses, related needs; care needs
- List nutrition, diet, mealtime support, restroom assistance, mobility needs, lifting, and general supervision/support requirements
- Review medication administration, teaching techniques, managing of individual's funds, and related documentation requirements

## Chapter 3: Skill building

- Adult Day Support
  - Identify appropriate assessments for ADS services
  - Clarify personal care, skill reinforcement needs
  - List recreation and leisure activities ADS
  - Review methods to apply all to community inclusion
- Vocational Habilitation
  - Identify skill building in vocational assessment, ongoing job supports, task analysis
  - Clarify job-seeking skills, on the job instruction and support
  - List methods of developing natural supports and identifying community resources
  - Review personal adjustment, work adjustment, and vocational planning.

## Chapter 4: Self-Determination

- Identify methods of assisting individuals to develop self- advocacy skills, exercise civil rights
- Clarify how to exercise choices regarding services received
- List ways to facilitate building skills that enable the individual to become more independent
- Review methods to generalize skills to become productive and integrated within the community.