

**Mastering the Basics:**

**Increased Independence in the Community and at home**

**Quarter 2, 2018**

**Special Dates:**

\*Saturday May 26, Noon- HVE Family Picnic, Eastmoor Park, Denver

**April 4 and 5 – Welcome Class.** Overview of quarter topics and brainstorm of student interests and learning goals.

**April 11 and 12 –** **Home Cleanliness, Safety, and Maintenance.** Kitchen, bedroom and bathroom cleaning tasks and schedules; kitchen and cooking safety; Laundry; personal chores schedule and checklist; using the iPad to set recurring reminders for cleaning and safety and record/review chore directions such as laundry.

**April 18 and 19 –** **Apps for Self Care and Hygiene.** We will review strategies for independent self care including healthy sleep habits; personal hygiene; recognizing and community signs of sickness; staying healthy and germ free; and review iPad apps that support independent self care and hygiene.

**April 25 and 26 –** **Scheduling, Time Management and Budgeting.** Budgeting basics and activity; discussing and practicing estimating and managing time for various common tasks; using the iPad timer, alarm and stopwatch; arranging and planning a social outing.

**May 2 and 3 –** **Community and Personal Safety and Safety Resources.** We will brainstorm and review preventative strategies to stay safe while out in the community alone or with a group; maintaining physical safety; how to recognize and navigate an emergency; loading and accessing important information and phone numbers in your phone/iPad.

**May 9 and 10–** **Guest speaker: Community Resources and Adult Programs.** Students will learn about various programming opportunities in the Denver area, including a presentation from Shelby Bates, Outreach Coordinator for IN! (Colorado Initiative for Inclusive Higher Education). *Parents and caregivers are invited to join us at 6:30 for the second half of Shelby’s presentation.*

**May 16 and 17 – Planning for a Community Outing-** Utilizing online resources (RTD website and maps, Google Maps, the iPad weather app) we will work as a group to research and plan an outing (time management, budget, destination etc.) using public transportation.

**May 23 and 24 – Community Outing- RTD Bus Trip.** We will practice our planning, budgeting, safety, and communication skills out in the community on a group trip, using RTD bus transportation (Same time and normal classroom location for drop off and pickup.)

\*\*HVE Family Picnic: Saturday May 26, Noon- Eastmoor Park, Denver\*\*