

PARTICIPANT WELCOME BOOKLET

Fall, 2006



Ithaca College's
CENTER FOR LIFE SKILLS
At Longview

This handbook has been designed for you, to serve as an orientation and reference guide for the Center for Life Skills.

Ithaca College

**School of Health Sciences and Human Performance
Center for Life Skills**

Mission/Vision Statement

Vision Statement

The Center for Life Skills program is committed to developing, implementing, and refining a model interdisciplinary, experiential, student-centered learning opportunity as an integral part of the School of Health Sciences and Human Performance curriculum while providing a service to the community.

Mission Statement

As a comprehensive interdisciplinary training program for students involved in the School of Health Sciences and Human Performance, the Center for Life Skills is an academic and experiential learning laboratory providing therapeutic activities to promote community re-integration for individuals who have experienced a neurological impairment.

To meet this mission we are developing, implementing, and sustaining a model program to provide a venue for:

Experiential learning- hands on therapeutic programs with community-based participants supported by faculty guidance and mentorship.

Interdisciplinary collaboration- through networking opportunities, co-operative intervention, team meetings, and community re-integration.

Service learning- by allowing students to bring classroom knowledge and skills to meet an important community need.

Providing evidence based practice as a means to enhance the quality of life and independence for individuals with chronic neurological impairments.

WELCOME!

We hope you find this handbook helpful. We are excited to have you join our program and look forward to getting to know you better and assisting in making your life as enjoyable as possible.

CRITERIA FOR PARTICIPANTS

Participants are individuals who have experienced a CVA (stroke) and have residual deficits that prevent them from fully participating in the activities that would improve the quality of their life. Participants will have a medical clearance from their physician and will have sufficient endurance to participate in the length of the program. All participants will be assessed with an initial evaluation and with the Stroke Impact Scale, Version 2.0. Participants will need to display minimal difficulty with or supervision needed in at least three of these five areas:

Mobility
Communication
Leisure/Recreation
Memory/Thinking
Daily Living Skills

ON-SITE CONTACT

Please contact Catherine Gooch, Program Manager at 607-375-6312.
Fax Number 375-6301
Longview Emergency Number: 375-6310 (Marilyn Strausberg))

FACILITY

Our facility is wheelchair accessible with wide doorways, ramps into the building, and accessible bathrooms. The Center has a main multi-purpose room, a full kitchen, private therapy room, Program Managers office, an exercise room, and outdoor access.

HOURS

The Center for Life Skills hours this semester are:

Mondays	10:00 am.-2:30pm.
Wednesdays	10:00am-2:30pm
Fridays	9:00am-11:00am

DIRECTIONS

To Longview: From Ithaca, take 96B South towards Ithaca College. Longview is one half mile north of the College's Main Entrance. Turn right onto 1 Bella Vista Drive.

To the Center of Life Skills:

Enter Longview through the main entrance. From the lobby proceed straight to the elevators. Take the elevator down to Level 2. Make a left out of the elevator and make another immediate left. Go through one single door and we are on the right.

TRANSPORTATION

Transportation is the responsibility of the participant, or family/caregiver of the participant. If the participant resides in the Ithaca area, there are a number of community resources that provide transportation.

TCAT: 277-7433

Gadabout: 273-1878

FISH: (Friends in Service Help): 274-9461

The participant should be accompanied by their family/caregiver to the Center if they cannot do so independently. Staff of the Center will accompany the participants to the lobby at the end of the program.

INCLEMENT WEATHER POLICY

In the event of inclement weather, the Center will follow the Ithaca City School District cancellations. If schools are more than 1-½ hours delayed, the Center will be closed for the day. In the case of inclement weather when the participants are already at the Center we will contact family members/caregivers of an early closing. If you find it necessary to arrive early in the afternoon or late in the morning due to inclement weather that is fine, we want everyone to use their best judgment regarding safety. The program manager will make sure all participants are safely picked up before closing the center for the day.

The Program Manager will also leave a message on the Centers answering machine as soon as she is notified of school closings.

Radio Stations that you can tune into to hear closings:

WHCU 870 AM

WYXL (light) 97.3 FM

WQNY 103.7 FM

Elmira

WENY (TV)

WIXT (TV)

SNACK

Each participant will provide his/her own snack. A snack/rest time will occur mid-morning or at a time convenient for the participant and their session/groups. A refrigerator and microwave are available for your use. All necessary utensils, dishware, napkins, etc. will be provided. Assistance with set-up and supervision is available.

It may be scheduled that part of a therapy session may include preparing and consuming a lunchtime meal. If this is the case advanced notice will be given.

MEDICATIONS

Taking medications while at the Center is the responsibility of the participant. If a participant will be taking medication while at the center, please bring only the amount needed for the time you are at the center and keep it with your personal belongings. All medicine containers brought into the Center must be labeled with the participant's name, dosage, name of medicine, and time to be taken. Personal belongings will be placed in a secure area and accessed only at the request of the participant. See separate medication agreement for additional details.

ATTIRE

Please wear comfortable and casual clothing when attending the program that will allow you to participate in active therapy sessions. The staff at the Center will also be dressed casually. Please label coats, hats, gloves, etc. with your name in order to prevent them from becoming lost.

ITEMS TO BRING

Daily: Snack (Please label with name)
 Medications if necessary

As Needed: A Change of clothes in a plastic bag that can be kept
 at the Center in case of an accident.
 If you use incontinence undergarments, please bring
 them to the center so you have them available.

SESSIONS

There are two sessions per year.

Fall session: September to mid-December
Spring session: Late January to early May

Please see session calendar for specific dates that the program will be closed (major holidays and Ithaca College breaks).

FEES

The cost of a program session is \$500.00. Please refer to the “Payment Agreement” for details. Invoices will be mailed monthly (\$125.00 for four months) from the Ithaca College Accounting Office.

Please do not bring payments to the Center for Life Skills or to the Program Manager. It is to be returned to the Accounting Office of Ithaca College as directed on the invoice. Thank you!

Ithaca College
School of Health Sciences and Human Performance
Center for Life Skills

STAFF

We have a wonderful multi-disciplinary staff. The staff includes:

Catherine Gooch, Program Manager

Dr. Janice Monroe, Therapeutic Recreation Clinician/Supervisor and
Therapeutic Recreation Intern student(s)

Dr. Mindy Cozzolino, Occupational Therapy Clinicians/Supervisors and
OT students

Ellie Buckley, Physical Therapy Clinician/Supervisor and PT students

Susan Durnford, Speech-Language Pathology Clinical Supervisor and
SLP students

Programs

Occupational Therapy focuses on planning and leading activity type groups with the goals of increasing endurance, motor performance, cognition and social interaction. The groups may consist of cooking groups, woodworking, ceramics, community outings, as well as activities determined by the participants. Graduate students will focus on activities of daily living, functional mobility, and general motor control as well as community reintegration (including car transfers, ordering from menus, grocery gathering, and shopping). Management of hypertonicity will also be addressed through home exercise programs, relaxation techniques and possible splinting. The Headstart program and Aquatics are also implemented by the Occupational Therapists.

Physical Therapy will work on general flexibility, strengthening and endurance activities. Focus will be directed to exercises that improve balance, activities to improve functioning and decrease physical barriers in the community (such as stairs, curbs, uneven surfaces, transfers, etc.) An individual exercise program will also address each client's individual needs.

Speech Pathology will address communication skills such as speech, hearing, comprehension difficulties, cognitive difficulties, and interpersonal skills. Focus will also be given to inappropriate communication environments and lack of communication partners. The following strategies will be utilized to provide or facilitate the enhancement of communication; word finding, speech intelligibility, voice*, augmentative communication system, listening-audio memory, pragmatic (interpersonal) communication skills, sophisticated language skills, and language organization. *May make a referral if: swallowing skills appears unsafe, an audiometric evaluation if hearing is questioned, or request an ENT if participant shows evidence of problems with voice.

Therapeutic Recreation will include therapy-based activities that encourage social interaction, activity skill development, development and maintenance of cognitive skills, leisure education and community re-intergration. Activities may include pet assisted therapy, discussion groups, computer programs, crafts, tabletop games, and programs focusing how to utilize leisure time wisely.

Meeting Guidelines

Team Meetings

Involved Individuals: Faculty, Staff, and Students

Facilitator: Program Manager or designated faculty

Purpose: Develop/Review participant's progress, status, goals.

Frequency: At least four times a semester.

Documentation: Minutes are recorded by the program manager, formalized, and placed in Team Meeting Minutes binder.

Family Conferences

Involved Individuals: Faculty, staff, students, participants and their families

Facilitator: Program Manager or designated faculty

Purpose: Participant/family education, review of participant's progress (goals/objectives), and health status are discussed. Feedback from the family/participant are heard and the determination of continuing CLS services.

Frequency: At least once per participant each semester

Documentation: The minutes are recorded and finalized by the program manager. They are given to the participant/family and placed in the individuals chart.

Staff/Faculty Meetings

Involved Individuals: Faculty and Staff only

Facilitator: Program Manager or designated staff

Purpose: Team development, communication, schedules and programming issues. Discussion/evaluation of participants accepted into the program at "Wrap Up" and "Start Up" meetings before and after each semester are also included.

Frequency: At least four times a semester, and as needed

Documentation: Program Manager will record and formalize minutes to be placed in the Staff/Faculty Meeting binder.

CENTER FOR LIFE SKILLS
Semester Schedule
Fall, Session
2006

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| Friday, September 8, 2006 | - First day of fall session |
| Friday, October 20, 2006 | - Center closed for fall Break |
| Monday, November 20, 2006
Break | -Center closed for Thanksgiving |
| Wednesday, November 22, 2006
Break | -Center closed for Thanksgiving |
| Friday, November 24, 2006
Break | -Center closed for Thanksgiving |
| Friday, December 15, 2006 | -Last Day of Program |

**Ithaca College
Center for Life Skills
Program Schedule
Fall, 2006**

Monday

10:00am-11:00am	Occupational Therapy
10:00am-12:00pm	Occupational Therapy/Physical Therapy
12:00pm-12:30pm	Physical Therapy
12:30pm- 1:15pm	Lunch Break
1:15pm-2:30pm	Speech Therapy

Wednesday

10:00am-11:00am	Therapeutic Recreation/ Speech Therapy (at
10:15am)	
11:00am-12:30am	Physical Therapy
12:30pm-1:15pm	Lunch Break
1:15pm-2:30pm	Speech Therapy

Friday

9:00am-10:00am	Therapeutic Recreation (with Speech Therapy after
fall break)	
10:00am -11:00am	Therapeutic Recreation (Headstart Program)
11:15am-12:30pm	Family Conference/Team Meeting