# PARTICIPANT

# WELCOME BOOKLET

Spring, 2018



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.

**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. Participants must be able to toilet themselves independently; individual cases will be reviewed if an individual requires minimal assistance. All participants will be assessed with an initial evaluation and with the Stroke Impact Scale, Version 2.0. Participants will need to display a level with at least minimal difficulty with or supervision needed in at least three of these five areas:

Mobility

Communication

Leisure/Recreation

Memory/Thinking

Daily Living Skills

**PURPOSE OF THE PROGRAM/Goals for Transition**

The CLS program is a comprehensive interdisciplinary training program for students involved in the School of Health Sciences and Human Performance. The CLS program is an academic and experiential learning laboratory, providing therapeutic activities to promote community reintegration and maximizing independence for individuals who have experienced a stroke. To meet this mission, the program has been developed, implemented, and sustained as a *transitional* program for participants. Opportunities for the students and participants to benefit from experiential learning, interdisciplinary collaboration, service learning, and evidence-based practice are incorporated. The CLS program promotes independence and transition for participants to reintegrate into their home communities and lifestyle successfully. Thoughtful consideration for each participant and their families and the purpose of the program are consolidated into a plan for transition independent of CLS.

**ON-SITE CONTACT**

Please contact Catherine Gooch, Program Manager at 607-375-6312, [cgooch@ithaca.edu](mailto:cgooch@ithaca.edu)

Fax Number: 375-6301

Longview Emergency Number: 375-6310 (Susan Howe)

**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 9:00 am -12:00 pm

Wednesdays 9:00 am - 12:00pm

Fridays 9:00am - 11:30am

##### 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. Please park in the Visitors Lot.

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. 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, [www.tcatbus.com](http://www.tcatbus.com)

Gadabout: 273-1878

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 have **a morning delay or are closed for the day**, 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 (607) 375.6312

Radio Stations and websites that you can tune into to hear closings:

[www.ithacacityschools.org](http://www.ithacacityschools.org)

WHCU 870 AM

WYXL (light) 97.3 FM

WQNY 103.7 FM

##### NOURISHMENT (snack)

Each participant will provide his/her own drink and healthy 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 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

We recommend that medications are taken either prior to or at the end of daily program attendance. It if is absolutely necessary to take medication during programming hours, it is the responsibility of the participant. 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 (must be the responsibility of

the participant).

As Needed: A change of clothes 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: Early February 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. Scholarships may be requested.

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!

**ILLNESS**

We want to make sure that everyone involved in the CLS program remain healthy as much as possible throughout the semester! If you have a cold with heavy drainage, have vomited, had diarrhea, or a fever in the past 24 hours of attending a day at CLS please do not attend CLS. If you are absent for any reason please leave a message for Catherine at her number (375.6312). If you require a hospitalization at any time during the semester we will need to have you physician clear you for participation. Thank you for your cooperation, we appreciate your efforts.

##### 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 Director and Clinical Assistant Professor

**Jan Monroe,** Therapeutic Recreation Clinician/Supervisor and TR students

**Anna Grasso,** Occupational Therapy Clinician/Supervisor and OT students

**Samantha Brown and Dana Tischler**, Physical Therapy Clinician/Supervisor and PT students

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

**Programs/Disciplines**

**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.

**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-integration. Activities may include pet assisted therapy, discussion groups, computer programs, crafts, tabletop games, and programs focusing how to utilize leisure time wisely.

**Nutrition Therapy** Optional and for thoseparticipants with specific dietary needs will benefit from nutritional guidance, care plans, participant and family education, and follow up recommendations. Sessions will involve 4 Friday sessions scheduled throughout the semester. More details to follow.

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## **CENTER FOR LIFE SKILLS**

**Semester Schedule**

Spring, Session

2018

**Monday, February 5** - First day of Spring session

**Monday, March 12**  -Center closed for Spring Break

**Wednesday, March 14 ­-**Center closed for Spring Break

**Friday, March 16** -Center closed for Spring Break

**Friday, May 4**  -CLS Last Day and Luncheon

**Ithaca College**

**Center for Life Skills**

**Program Schedule**

**Spring, 2018**

**Monday**

9:00am-10:00am Speech Therapy

10:00am-10:15am Nourishment Break

10:15am-11:15am Occupational Therapy/Speech Therapy

11:15am-12:00pm Occupational Therapy

**Wednesday**

9:00am-10:00am Therapeutic Recreation

10:00am-10:15am Nourishment Break

10:15am-11:000am Therapeutic Recreation/ Physical Therapy

11:00am-12pm Speech Therapy

**Friday**

9:00am-10:00am Therapeutic Recreation/Speech Therapy

10:00am-10:15am Nourishment Break

10:15-10:45am Physical Therapy/Speech Therapy

10:45-11:30am Physical Therapy