

# Framing A Future: A Tool For Life Planning

Teaching Leisure Skills

Presented by

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# Targeted Population

- Students with moderate to severe disabilities
  - Intellectual deficits, OHI, Multiple Handicapping Conditions
- Secondary school level
- Significant communication deficits
- Social interaction interests
- Interest in shared activities

# Purpose of Targeted Leisure Skills

- Students with severe disabilities are often not given choices that are **not** targeting functional communication
- Students with severe disabilities often have motivation to learn if given the choice to engage in preferred activities
- Students in secondary programs have transition goals, but are we addressing overall satisfaction with life to meet those goals?

# Do We Target Transition?

- Transition is emphasized as an important life skill in secondary schools
- Curriculum is often not accessible so the student can make the choices
- Research on happiness on typically developing folks finds that the highest correlation to happiness is in two areas
  - Self-control (locus of control)
  - Resiliency

# Wake Leisure Education Program: An Integral Part of Special Education

- A Facilitator's Manual  
Containing Field-Tested Leisure Education Curriculum Materials
- Designed for use by recreation specialists and teachers
- Published by The Center for Recreation and Disability Studies Curriculum in Leisure Studies and Recreation Administration The University of North Carolina at Chapel Hill 1991

# Wake Leisure Education Program: An Integral Part of Special Education

- The guide describes how to set up, implement, and evaluate an individualized leisure education program for secondary school students with disabilities. Field testing of the program found that student who participated in the program were more independent in their leisure and had a smoother post-school adjustment.
- The program covers purpose; staffing; administration; in-service; legal liability; curriculum themes; setting up a program; suggestions for working with parents, teachers, and students; and implementation strategies.

# Wake Leisure Education Program: An Integral Part of Special Education

- Curriculum:
  - 10 Units covering
    - Leisure awareness
    - Self-awareness in leisure
    - Leisure opportunities
    - Community resource awareness
    - Barriers
    - Personal resources and responsibility
    - Planning an outing
    - Going on an outing
    - Evaluating the outing

# Wake Leisure Education Program: An Integral Part of Special Education

- Curriculum
  - Goals and objectives for each unit
  - Session outlines
  - Suggested materials
  - Teaching recommendations
  - 50 pages of materials and handouts
    - Leisure clock
    - Planning forms
    - Exercise guide
    - Leisure reminders

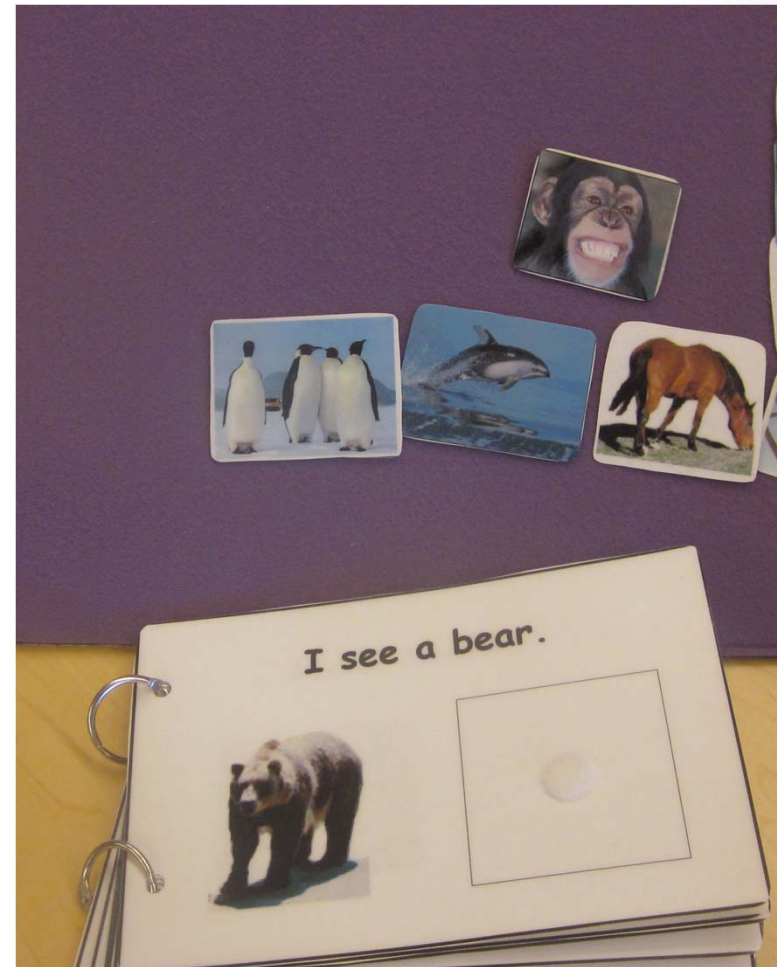


# Wake Leisure Education Program: An Integral Part of Special Education

- Among the appendixes are a list of related services under Public Law 101-476
- A summary of results from the evaluation study
- An example of inclusion of leisure education on a student's IEP
- A leisure education contract
- Assessment guides
- Parents' guide to the student's leisure notebook

# Framing A Future, A Tool For Life Planning:

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# Framing A Future, A Tool For Life Planning:

- 7 Categories Assessed:
  - Community Membership
  - Control of Personal Health & Welfare
  - Pursuit of Life Long Learning
  - Development of Talents and Interests
  - Creating Healthy Relationships
  - Self-Reliance
  - Developing A Personal Sense of Spirituality

# Framing A Future, A Tool For Life Planning:

- Social curriculum addresses aspects of behavior prevention:
  - Choice
  - Independence
  - Planning



# Framing A Future, A Tool For Life Planning:

- A survey is provided that is written to be comprehended by students who have significant language/comprehension challenges
- The survey can be used with students with IT devices
- Each category has several questions that the student responds to
- Not every category needs to be completed
- The category inventory addresses the desires of the student

## Framing A Future, A Tool For Life Planning:

- When the survey is complete a planning document to first set priorities is completed
- Once the priorities inventory is completed the student will then begin the process of planning the specific events they wish to attend and to plan the steps to achieve this goal
- Part of the planning process is to determine who key implementers are in the student's life, which includes professionals and parents, as well as outside agencies