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Independent Study Curriculumms for Adult Students with IDD at Lipscomb University - IDEAL

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Mission and Vision

- ❖ Mission: Empowering students with disabilities to grow into adults with opportunities.
- ❖ Vision: Through innovative and creative solutions, we seek to meet the needs of all of our students to prepare them for lives filled with confidence, deep knowledge and faith.
- ❖ Description: IDEAL is a 2-year inclusive postsecondary program promoting independent living and employment skills for individuals with IDD between the ages of 18 and 26.

Capstone Goals

- ❖ Collaborate with 1st and 2nd year students to develop independent living skills including cooking, community mobility, and employment skills.
- ❖ Facilitate 3rd year students in developing independent living skills including financial literacy, meal planning, and time management
- ❖ Communicate with other IPSE programs to explore supports provided to students
- ❖ Create independent study curriculums including resources and strategies targeting independent living skills to be implemented by IDEAL staff as part of their person-centered goal planning

Capstone Outcomes

- ❖ Independent study curriculums on mental health and self - advocacy including materials, activities, games, and resources incorporating various learning styles
- ❖ Increased independent living skills of 1st and 2nd year students through in context training and classroom learning
- ❖ Facilitated skill development of financial literacy, time management, meal planning, and activity planning of 3rd year students
- ❖ Spreadsheet compiling supports and information gathered from regional IPSE programs

Easy to do

Not too easy or too hard

Hard to do

Do not know

The 1st activity I dislike doing is...

The 2nd activity I dislike doing is...

1-7 ways these activities are alike...

Below are some words that describe activities. These words can help you think about ways the activities you chose are the same.

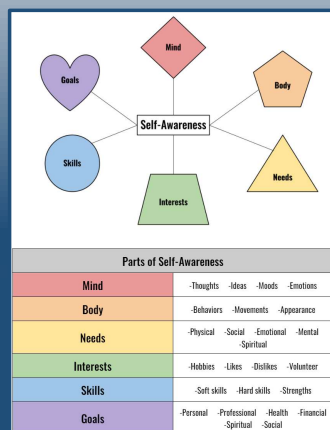
Word Bank

Alone	With others
Quiet	Nasty
Active/Moving	Sitting
Challenging	Outside
Quick	Easy
	Slow

Coping Skills Bingo				
Exercise	Clean your room	Take a break	Laugh at jokes	Use a fidget
Take a deep breath	Talk to a friend	Meditate	Dance	Go for a walk
Color or paint	Sing	Free Space	Draw a Picture	Take a nap
Eat a healthy snack	Count to 20	Listen to music	Write in a journal	Ask for help
Build something	Sit in nature	Watch a movie	Play a game	Use positive self talk

Agency Needs

- ❖ Training materials adapted for various learning styles that address skills pertinent to students with IDD attending IDEAL
- ❖ In context training of independent living skills
- ❖ Program development including resources and strategies promoting mental health and self-advocacy
- ❖ Assistance with increasing independent living skills for all IDEAL students



Self-Advocacy

Watch this video first
 Self-Advocacy Skills - Self-Advocacy Strategies

Self-Advocacy
 Advocacy means to speak up for something. Self-advocacy means to speak up for yourself, your needs, and make decisions for yourself. To speak up for yourself you have to know what you need. Remember knowing what you need is self-awareness. Self-advocacy is an important skill for being independent.

Self-advocacy is:

- Speaking up for yourself and your needs
- Taking responsibility for your actions
- Asking questions when you do not understand
- Asking for help

What is 1 time you were able to self-advocate for your needs?
 One time I self-advocated was when _____

Acknowledgements

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