

CMS Transition Program- Home Care

CREDIT HOURS: 1

COURSE NUMBER: Home Care 4x4	9241AX0003
Home Care A/B	9241AX0803
Home Care Lab 4x4	9241AX00L3
Home Care Lab A/B	9241AX08L3

COURSE TITLE: Home Care

COURSE DESCRIPTION: Students will develop the skills needed to live either independently, or interdependently, in a home or living community. Students will gain the knowledge of how to pay bills, complete chores, address emergency situations, and be a contributing member of a community.

COURSE RATIONALE: In order to improve independent living, it is necessary for students to become aware of the responsibilities and expectations needed for home care. By introducing safety techniques, time management skills, and a cleanliness routine, students will begin to feel more comfortable with independent living. It is important for students to learn the personal initiative needed to be successful within not only home care, but self-care as well.

COURSE OBJECTIVES:

- Demonstrate home care routines
- Identify how to prepare for, and address an in home emergency
- Demonstrate knowledge of materials needed at home (cleaning supplies, food, cooking supplies, etc.)
- Develop a schedule for bill payments

INSTRUCTIONAL METHODS: This course will include a combination of direct teaching, learning activities, and field experience.

ILLUSTRATIVE METHODS FOR EVALUATING STUDENT PERFORMANCE: Students will participate in lessons, activities and field experience based on their ability. Each student has their own Home Care Student Workbook and can be evaluated through their participation and experience. Participation and work completion will vary by student.

GRADING SCALE:

A- Responds independently, requires little to no prompting, exhibits extraordinary effort, making steady progress on IEP goals and classroom tasks.

B- Requires prompting and reminders, needs repeated opportunities, making steady progress on IEP goals and classroom tasks.

C- Requires ongoing support to gain answers, needs multiple opportunities over a number of days, making variable progress on IEP goals and classroom tasks.

Home Care- Syllabus

COURSE RULES:

1. Attend class on a regular basis
2. Be attentive to your instructor and peers
3. Be an active participant
4. Complete assignments on time

DIVERSITY: Everyone is expected to be respectful of others. Diversity in all areas (including differences of opinion) will be honored during class and class discussions.

ENRICHMENT: Parents and community workers are encouraged to further practice skills with students in the home and in community settings to enhance overall student learning.

COURSE CALENDAR:

Week	Topic	Key Points	Assignments
1	Home Finances	<ul style="list-style-type: none"> ● Determining the difference between a want and a need as it relates to independent living. ● Identifying the needs of independent living ● Understanding the concept of a budget ● Understanding the different ways to pay bills ● Filling out a blank check 	<ul style="list-style-type: none"> ● Activity 1.1.1- Vocabulary Matching ● Activity 1.1.2- Wants vs. Needs ● Activity 1.1.3- Check Writing
2	Kitchen Cleaning	<ul style="list-style-type: none"> ● Steps to cleaning the kitchen ● Knowing the kitchen is clean 	<ul style="list-style-type: none"> ● Activity 2.1.1- Kitchen Sequential Order ● Activity 2.1.2- Drag n Drop for Kitchen ● Activity 2.1.3- What Belongs
3	Outside of the Home	<ul style="list-style-type: none"> ● Living independently involves responsibilities, one including the maintenance of a lawn ● Understand the steps to raking leaves ● Knowledge of Lawn Care Service options for more difficult tasks, such as mowing 	<ul style="list-style-type: none"> ● Activity 3.1.1- Steps for Raking Leaves ● Activity 3.1.2- Maintaining Lawn ● Activity 3.1.3- Lawn Care Service Sites
4	Minor repairs	<ul style="list-style-type: none"> ● Recognizing when the sink, 	<ul style="list-style-type: none"> ● Activity 4.1.1- Minor Repairs

		<p>drain, and toilet need repairing</p> <ul style="list-style-type: none"> ● Making minor repairs independent or with minimal guidance ● 	<p>Drag n Drop</p> <ul style="list-style-type: none"> ● Activity 4.1.2- Minor Repairs Sorting ● Activity 4.1.3- Minor Repairs Kooshball
5	Major repairs	<ul style="list-style-type: none"> ● Major repairs needed to be made in a home ● How to recognize when these repairs need to be made, and also who they need to call for each situation to relieve the problem 	<ul style="list-style-type: none"> ● Activity 5.1.1- Who to Call ● Activity 5.1.2- Vocabulary Matching ● Activity 5.1.3- Vocabulary Fill in the Blank
6	Everyday safety	<ul style="list-style-type: none"> ● Home care safety tips for outside and inside of a home ● What to look for when a person exits their home ● How to feel safe when it is dark inside the home and dark outside 	<ul style="list-style-type: none"> ● Activity 6.1.1- Fill in the Blank ● Activity 6.1.2- What Belongs ● Activity 6.1.3- Kooshball
7	Disaster preparation	<ul style="list-style-type: none"> ● Understanding types of disasters ● Importance of being prepared since emergencies can come at any time ● Identifying important components of a disaster preparation kit 	<ul style="list-style-type: none"> ● Activity 7.1.1- Vocabulary Match ● Activity 7.1.2- Useful Items ● Activity 7.1.3- Vocabulary Fill in the Blank
8	Get to know neighbors/ community	<ul style="list-style-type: none"> ● How to maintain healthy relationships with their neighbors. ● Knowing the collection day for trash pickup. ● How neighbors watch out for each other. 	<ul style="list-style-type: none"> ● Activity 8.1.1- Fill in the Blank ● Activity 8.1.2- What Belongs ● Activity 8.1.3- Kooshball Activity
9	Rules within community	<ul style="list-style-type: none"> ● Landscaping rules ● Architecture rules ● Resident Behavior ● Payment expectations 	<ul style="list-style-type: none"> ● Activity 9.1.1- Vocabulary Matching ● Activity 9.1.2- Rule Categories ● Activity 9.1.3- Rule Ranking
10	Home organization	<ul style="list-style-type: none"> ● Ways to keep your home clean 	<ul style="list-style-type: none"> ● Activity 10.1.1- Fill in the Blank ● Activity 10.1.2- Drop and Drag 1

		<ul style="list-style-type: none"> Knowing when to sweep, vacuum or dust Putting item in place to keep a home organized 	<p>Sweep and Put Food Away</p> <ul style="list-style-type: none"> Activity 10.1.3- Drop and Drag 2 Vacuum and Dust
11	Time management scheduling for chores	<ul style="list-style-type: none"> What are household chores and why are they important? Chores to be done throughout the day Chores to be done weekly 	<ul style="list-style-type: none"> Activity 11.1.1- Vocabulary Matching Activity 11.1.2- Daily and Weekly Sorting Activity 11.1.3- Chores Fill in the Blank
12	Home care options/respite support	<ul style="list-style-type: none"> Being informed about home options Decision-making based on the student’s needs Link to a student’s home options in their IEP transition plan 	<ul style="list-style-type: none"> Activity 12.1.1- Fill in the Blank Activity 12.1.2- Sorting Activities Activity 12.1.3- Kooshball
13	Home budget	<ul style="list-style-type: none"> Organizing monthly payments Prioritizing monthly payments Developing a budget Develop a savings 	<ul style="list-style-type: none"> Activity 13.1.1- Vocabulary Matching Activity 13.1.2- Prioritization Activity 13.1.3- Budget Application
14	Cleaning product safety	<ul style="list-style-type: none"> Being safe with cleaning product Selecting the appropriate product 	<ul style="list-style-type: none"> Activity 14.1.1- Sorting Activities part 1 Activity 14.1.2- Sorting Activities part 2 Activity 14.1.3- Fill in the Blank
15	Storing food	<ul style="list-style-type: none"> Where to store certain foods and why Importance of keeping certain foods cold When foods need to be switched from one storage area to the next 	<ul style="list-style-type: none"> Activity 15.1.1- Food Storage Sort Activity 15.1.2- Pantry vs. Refrigerator Activity 15.1.3- Comprehension
16	“How to” for chores	<ul style="list-style-type: none"> Following a clean chart to keep the home clean Recognizing when to complete common chores 	<ul style="list-style-type: none"> Activity 16.1.1- Drop and Drag How to Mop Activity 16.1.2- Drop and Drag How Empty the Trash Activity 16.1.3- Fill in the Blank

			How to for Chores
17	Time management scheduling for bills	<ul style="list-style-type: none"> Combining key points from Home Care lessons 1 and 13 to focus on time management for paying bills Students will be able to understand different ways to pay bills Students will be able to fill out a blank check Students will be able to organize monthly payments 	<ul style="list-style-type: none"> Activity 17.1.1- Vocabulary Recognition Activity 17.1.2- Payment Organization Activity 17.1.3- Blank Check Writing
18	"How to" for kitchen appliances	<ul style="list-style-type: none"> Keeping kitchen appliances clean makes the home look inviting and fresh. Knowing when to clean the kitchen appliances. 	<ul style="list-style-type: none"> Activity 18.1.1- Sorting Activities Cleaning Kitchen Appliances Activity 18.1.2- What Belongs Cleaning Kitchen Appliances Activity 18.1.3- Fill in the Blank Cleaning Kitchen Appliances