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| Home Management |
| **Component:** | *CRS* | **Service:** | *BLST* | **Duration:** | **8 Sessions at 45 minutes each***.* |
| **Service Definition (per Part 512):** | Basic Living Skills Training is a service designed to improve an individual's ability to perform the basic skills necessary to achieve maximum independence and acceptable community behaviors that are critical to his or her recovery. This service focuses on the acquisition of skills, as well as strategies for appropriate use of the skill, utilizing teaching interventions such as motivational, educational and cognitive-behavioral techniques. The service may include opportunities to practice, observe, reinforce and improve the individual's skill performance. The topics which may be covered include, but are not limited to: grooming and personal hygiene, nutrition, homemaking, building relationships, childcare, transportation, use of community resources, and engaging in social interactions. |
| **Class Description:** | *Participants will learn home management skills that will help them to feel more comfortable in their living situation.* |
| **Learning Approaches/ Modalities** | ◼ Lecture ◼ Discussion 🞏 Mixed media/ Art-based 🞏◼ Pen & paper exercises 🞏 Computer-based interventions 🞏 Role play interventions 🞏 Modeling/ coaching🞏 Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Location** | ◼ Site-Based ◼ Community-Based: There are opportunities to practice some skills in the community based settings. |
| **Who should participate?** | *This group is designed for people who would like to improve independent living skills. They may have a history of living in adult homes or psychiatric centers for long periods of time.* |
| **Purpose:** | *Acquire and practice independent living skills.* |
| **Class Objectives:** | *Participants will learn and practice home management skills with the purpose of improving independent living skills.* |
| **Source(s):** | *Various sources. Please see reference list in curriculum.* |

Notes:

*Table of Contents*

*Session 1: Introduction and apartment cleaning*

*Session 2: Comparison shopping*

*Session 3: How to cook and plan a menu*

*Session 4: Time management*

*Session 5: Basic money management*

*Session 6: Household safety*

*Session 7: Doing laundry*

*Session 8: General health and wellness*

**Facilitator Practice Considerations**

**ROPES METHOD**

**Review** – This is the first step in ROPES. Its purpose is to prepare individuals’ readiness for the class. This is done by having students relate to the topic you are about to teach (5-10 minutes)

**Overview** – The purpose of the Overview is to inform students about the context and importance of the lesson. A learning outcome and agenda should be included (2-5 minutes)

**Presentation** – The purpose of the Presentation is to impart the essential information needed to learn a new skill (15-20 minutes)

**Exercise** – The purpose of the Exercise is to have students perform and repeat the new skill. Assign activities that require students to practice the new skill. The activity should be narrowly focused on the new skill only. Include all the characteristics of the new skill as presented in the previous step (15 minutes)

**Summary** – The purpose of the Summary is to briefly reiterate what was covered in the lesson. This step brings the lesson to a close. Cover the key points of the skill steps. Include the same characteristics of the skill that was used in the previous steps. No new information should be introduced here (2-5 minutes)

**ARCH Principles**

*Micucci, Joseph A. (2009)*

**Stages of Change**

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