

Independent Living Skills Program for Seniors

**A Glance at
our Successful ILS Program
at the California School for the Deaf,
Fremont**





Mission Statement

The Independent Living Skills Program at the California School for the Deaf provides students with the experience of maintaining and operating an apartment residence simultaneously as they receive daily living skills training from cottage counselors.

Program Overview

This program is for seniors only. It allows them a first hand experience at living on their own, sharing an apartment and preparing for the various responsibilities and obligations that are involved in the transition from high school to the “real world.” This is an educational process that students could not learn from the classroom alone.

The ultimate goal of the ILS Program is to have the students demonstrate a standard level of independence and self-care that will prepare them to live on their own after graduation.









ILS Apartment Usage Agreement

INDEPENDENT LIVING SKILLS PROGRAM Apartment Usage Agreement

1. I will keep my apartment key in my possession. If I lose it, I will pay twenty-five dollars (\$25.00) for a replacement key.
2. I will not damage bed linen, furniture, kitchenware, or anything in my apartment. If any loss or damage occurs, the cost of lost or damaged goods will be charged to me and due before I get my diploma.
3. I will leave my apartment clean and return my apartment key to cottage staff at the end of the school year.

Student's Printed Name

Student's Signature

Date

Cottage Counselor

Supervising Counselor

Kitchen Safety Agreement

Purpose

ILS students internalize important rules of kitchen safety.

Kitchen Safety Rules

- Always stay in the kitchen when you are cooking.
- Stay alert. Don't cook if you are sleepy or distracted.
- If you must leave the cottage while you are cooking, turn off the stove or oven.
- Keep hot foods and liquids away from table and counter edges.
- Always turn pot handles inward.
- Keep appliance cords coiled and away from counter edges.
- Don't use extension cords with cooking appliances.
- Use oven mitts or potholders when moving hot food from ovens, microwave ovens, or stovetops. Never use wet oven mitts or potholders as they can cause scald burns.
- Don't put metal items (cans, spoons, foil) in the microwave,
- Keep things that burn -- pot holders, oven mitts, paper or plastic -- off your stovetop.
- Don't store things that can burn in an oven, microwave, or toaster oven.
- Clean food and grease off burners, stovetops and ovens.
- Wear clothing with sleeves that are short, close fitting, or tightly rolled up.
- Wash pots, pans, dishes and utensils immediately after using.

I understand and agree to abide by the above kitchen rules in my cottage.



ILS Workshops/Events

2015-2016

August

..... No workshop

September

1st Tuesday Chemical Cleaning/Rags usage Workshop

8th Tuesday BBQ Grill/Kitchen Workshop

15th Tuesday Menu Planner Workshop

22rd Tuesday Community Service Workshop

October

6th Tuesday Laundry/Kitchen Review

13th Tuesday Rap Session

November

3th Tuesday Guest Speaker

17th Tuesday ILS Thanksgiving Dinner

December

15th Tuesday ILS Cookies Party

January

19th Tuesday Transit Workshop

February

8th Monday Chemical Cleaning Review for End of Year

March

7th Monday Guest Speaker (Video Relay Service)

April

11th Monday Sober Graduation Presentation

19st Tuesday Rental Application workshop

May

5th Thursday CSD HS Prom

12th Thursday Senior Banquet

19th Thursday FAA Banquet

June

3th Friday Senior Graduation

Extra deep cleaning is mandatory before go on the Senior Trip.

Regular deep cleaning occurs every Wednesday.

Additional deep cleaning will be on these dates:

Monday, April 27th

Monday, May 11th

Monday, June 1st

Appliance & Utensil Use and Safety

Purpose

ILS students learn what appliances/utensils are available and how they are used and how to use appliances safely.

Appliance & Utensil Use and Safety

- Only use appliances for their proper use—they are not toys.
- Clean all appliances immediately after use.
- Do not submerge hand held appliances in water—you could be electrocuted and it will destroy the appliance. Use a soapy dishcloth to clean after unplugging.
- Do not repair broken appliances yourself. Inform a cottage counselor immediately for safety reasons.
- Do not move the refrigerator without getting permission from a cottage counselor.
- Inform a cottage counselor immediately if any appliances are missing.
- Teflon pots and pans scratch easily, always use a soft sponge or a dishrag to clean. Do not use metal utensils with teflon pans as they will scratch it.
- Before placing a pan in water, wait for it to cool off—it can warp the pan.
- Use a cooling rack or cool burner to set hot pans down on—if placed on counter, they can burn it.
- Put all appliances, dishes, and utensils away after cleaning and drying them.

Food Safety in Refrigerator/Freezer

Purpose

ILS students understand about keeping foods safety in the refrigerator or freezer.

This chart has information about keeping foods safely in the refrigerator or freezer. It does not include foods that can be stored safely in the cupboard or on the shelves where quality may be more of an issue than safety.

FOODIN REFRIGERATOR.....IN FREEZER

Eggs

Eggs Fresh, in shell	3 weeks	Don't freeze
Raw yolks, whites	2-4 days	1 year
Hardcooked	1 week	Don't freeze
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
Unopened	10 days	1 year

Mayonnaise

Commerical, refrigerate after opening.....	2 months	Don't freeze
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TV Dinners, Frozen Casseroles

Keep frozen until ready to heat and serve.....	3-4 months
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Deli and Vacuum-Packed Products

Store-prepared or homemade egg, chicken, tuna, ham, macaroni salads	3-4 days	Don't freeze
Pre-stuffed pork and lamb chops, stuffed chicken breasts.....	1 day	Don't freeze
Store-cooked convenience meals.....	1-2 days	Don't freeze
Commerical brand vacuum-packed dinner with USDA seal	2 weeks, unopened	Don't freeze

Chemical Cleaning

Purpose

ILS students learn about using cleaning chemicals and how to use them properly.

Glass and Hard-Surface Cleaner (Windex)

- Spray on mirrors and windows and then wipe clean with newspaper or paper towel.
- Spray onto cloth and then wipe television screen.

All-Purpose Furniture Polish (Pledge)

- Spray on wood furniture and then wipe clean with a soft dusting cloth or spray directly on furniture and then wipe furniture.

Powdered Cleaning Product (Comet)

- Sprinkle in sink and on faucet and then scrub with kitchen sponge or cloth. Rinse clean with water.
- Sprinkle on kitchen counter and then scrub with kitchen sponge and wipe clean.
- In the bathroom, clean sink, faucet, and counter the same way, but use a bathroom sponge or cloth.
- Sprinkle in shower and scrub, then rinse clean with water.
- Sprinkle in the toilet, then use toilet scrub brush to deep clean. Wipe outside of bowl, seat and rim with a bathroom sponge or cloth.

Grease and Heavy Soil Stains Cleaner (Pine-Sol)

- After sweeping floor, fill bucket with hot water and add pine-sol according to the directions on the label.
- Put mop in bucket, ring out mop, and then mop floor in the pod, kitchen, bathroom and bedroom. Ring out mop and rinse as needed.

Grilling Safety

Purpose

ILS students learn the different methods used to grill.

Background

Historically, the barbecue (BBQ) has been around for many years that go back to primitive people where they cooked meat in an open fire. Over the years, people have developed different tastes. Some people prefer to grill with charcoal, some still cook with wood to add flavor to their meat. Some prefer a cleaner way by using propane. There are many ways to cook over the grill.

Propane

- Inexpensive- cost average of \$18 for a tank
- Better for environment as a propane gas grill does not pollute the air as much as a charcoal grill. Check area's air quality as a charcoal/wood grill is not allowed.
- Propane gas is cleaner than charcoal. Charcoal contains carbon monoxide.

Charcoal

- A more traditional type of grilling
- Never cook charcoal indoors because of the carbon monoxide

Wood

- Wood adds flavor to meats, fish, and poultry.
- Different types of wood to grill with such as hickory, sugar maple, vine (grape), walnut, peach, apple, and guava.
- Wood chips can be soaked and then added to the fire to add flavor.

Planning Weekly Menu

Purpose

Students learn how to prepare weekly menu for food shopping, meal cooking and cleaning.

Monday

Main Dish: _____

Veg./Fruit Dish _____

Side Dish: _____

Desserts: _____

Condiments: _____

Beverages: _____

Cook: _____

Asst. Cook: _____

Clean Up: _____

Washing: _____

Creating ILS Rules

Purpose

Students create in-house rules and consequences governing their own apartment behavior.

Example of Rules created by a ILS group

You must be in your apartment by 10:00 PM

If you did not:

- First offense – warning
- Second offense – grounded for one day
- Third offense – grounded for two days
- Fourth offense – counselor’s decision with a consequence

You must clean up after dinner/snacks/duties

If you did not:

- First offense – warning and finish your duties before you leave
- Second offense – stay until you finish your duties and do extra duties by counselor
- Third offense – finish with your duties and grounded for one day
- Fourth offense – counselor’s decision with a consequence

You must arrive to meetings on time.

If you did not:

- First offense – warning
- Second offense – stand up and explain why you are late
- Third offense – grounded for a day
- Fourth offense – counselor’s decision with a consequence

You must leave for school by 7:25 AM

If you did not:

- First offense – warning
- Second Offense – sleep early (30 minutes early)
- Third Offense – grounded for one day
- Fourth offense – counselor’s decision with a consequence

Apartment Duty Rotation

Week ____					
Names	Duties	Mon	Tue	Wed	Thu
	Kitchen				
	Living Room				
	Bedroom, Pod & Garbage				
	Restroom				

Party Planning

Purpose

Explain how to host a successful party.

Type of Party

- Birthday Party
- Potluck Party
- Surprise Party
- Other

Plan Ahead

- Students need to make plan at least two weeks ahead
- Get approval from cottage staff
- Decide what day and time
- Decide a party theme
- Create invitation list
- Create party activities
- Develop menu for party refreshments
- Create an announcement flyer and/or invitation cards

Party Flyer/Card

- Theme
- Day and Time
- RSVP required?
- Costume or Type of clothing?
- Food or things to bring to the party?
- Gifts?

Party Guidelines

- Limit the number of invitees (up to 15)
- Party is limited to one hour long
- All parties end by 10:00 pm
- Clean up immediately after party
- No food fights!

ILS Emergency Response Plan

Purpose

ILS students under the supervision of cottage staff will provide assistance to younger students in case of a campus emergency during the hours of midnight to 8:00 AM or when needed.

Cottage 5 and 9 Night Attendants and ILS Students

In case of a campus emergency between 12:00 AM to 8:00 AM,
ILS students will assist Night Attendants in other cottages.

They help supervise younger students and escort them safely to other buildings.
Cottage 5 and 9 Night Attendants will help their Supervising Counselor as needed.

Cottage 5

Apt. A goes to help Cottage 12
Apt. B goes to help Cottage 13
Apt. C goes to help Cottage 1
Apt. D & E goes to help Cottage 16

Cottage 9

Apt. A goes to help Cottage 11
Apt. B goes to help Cottage 14
Apt. C goes to help Cottage 2
Apt. D & E goes to help Cottage 17