



FAMILY SUPPORT NEWSLETTER

OCCUPATIONAL THERAPY LIFE SKILLS PILOT PROJECT

CLKD's Family Support Program has recently partnered with Queen's University's Occupational Therapy Program to research, develop and pilot the first stage of a life skills curriculum. This past spring the curriculum was launched targeting a group of adolescents and their families with a grant from the Kingston Foundation for Autism Spectrum Disorder. We were lucky to have two amazing O.T. students who researched what currently is available (not much!), and then developed Part 1 of a curriculum to teach life skills.

A group of five teenaged boys participated in piloting the first module of the curriculum. They focused on household life skills, which included nutrition, grocery shopping, and cooking. Their parents were also involved by helping at home with practicing the skills being taught in the group. Two wonderful Community Services staff led the sessions, teaching the curriculum that was developed by the O.T. students. Feedback from both the young men and their parents was overwhelmingly positive!

This pilot project has encouraged us to continue to develop the curriculum with O.T. students in future years. Thanks to Abby, Shaina, Sam, Sarah and Socheah!



The Life Skills pilot project participants

FAMILY ENGAGEMENT SERIES

Are you looking to meet other families who may be interested in sharing supports and opportunities? Have you ever thought that you need to facilitate social, vocational or housing opportunities for your loved one? If so this event is for you! CLKD is hosting a 2 part event that will help you identify and work towards those goals through facilitated exercises and socializing with other people looking for the same opportunities.

INTERESTED IN ATTENDING?

For more information contact Erin Impola
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RE-LAUNCH OF RESPITESERVICES.COM

DO YOU NEED A RESPITE WORKER?

CHECK OUT THE NEWLY UPDATED WEBSITE
respiteservices.com connects families/caregivers with a loved one who has a disability with community support and service options. The site includes a data bank of available private workers you may choose to hire, listings of community programs you may purchase service from, funding options, workshops and training events for both families and workers, and other links and resources you may find helpful.

Do you have questions, comments, suggestions or something to contribute to our newsletter? Contact Kelly Armitage at 613-546-6613 ext#239 or kelly.armitage@clkington.ca