



Person Centered Personal Care

PC2 ~ Person Centered Personal Care
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PC² Behavioral and Enrichment Lessons are individually designed and adaptive to ensure a dignified approach to shared teaching and learning opportunities. This partnership promotes positive participation and fosters trust through short and long-term skill retention in every participant, of any initial skill levels.

Our model of lesson delivery is designed upon success-building principals and the attainment of progressive learning objectives derived from expressed personal and vocational values and goals. When real world lessons are conscientiously acquired, the daily successes encourage the establishment of a progressive and positive normal routine.

All of PC² lessons are rooted in the principals of value and respect for self-determination, self-help skills, socialization and positively adaptive coping skills.

Behavioral Supports Lessons: Behavioral support lessons and accompanying modules are designed and delivered along a continuum of independence building, person-centered and least restrictive community inclusion principles and practices. *Fee Schedule: \$40 per 30-minute lesson*

- **Cooperation: Interpersonal and Professional**
 - (Module 1) natural supports: friends and family
 - (Module 2) staff and community professionals
- **Independence Building, goal attainment and personal development**
 - (Module 1) Identification and Planning
 - (Module 2) Application of Best Practices
- **Relationships and Interpersonal Dynamics:**
 - (Module 1) Boundaries and Consideration
 - (Module 2) Making Friends and Community Connections
 - (Module 3) Dating, Relationships and Families
- **Positive Coping Mechanisms:**
 - (Module 1) Making Sense of the Outside World
 - (Module 2) Community-based Safety and Awareness
 - (Module 3) Independence Building, Travel and Finances
 - (Module 4) Managing Stress
- **Effective Communication Skills**
 - (Module 1) What is Communication? Verbal and Non-Verbal Communication
 - (Module 2) Barriers to Effective Communication
 - (Module 3) Effective Communication Skills

Personal Enrichment Classes: Personal Enrichment programs and classes enables the exploration of into new interests, offers creative expressive outlets and promotes skill development to further rewarding interests and goal attainment. *Fee Schedule: \$30 per 30-minute lesson*

- **Music Appreciation Lessons**
 - Listening and appreciation
 - Learning to play anything
- **Health and Wellbeing**
 - Everyday practices: Importance of breathing and relaxation
 - Yoga: stretching and full range of movement
 - Clean mind, clean body: Best Practices: Personal care and Cosmetology
- **Learning to Utilize Technology**
 - (Module 1) Introduction to computers
 - (Module 2) Introduction to the internet
 - (Module 3) Introduction to consumer electronics
- **Hobbies, Arts and Crafts**
 - Identifying and engaging in hobbies of interest
 - Painting, clay, tactile crafts
- **Photography and Drawing: Digital and Standard**
- **Pet Care: Learning to Care for Your Best Friend**
- **Learn to Fix Everything**
 - Basic hand tools and uses
 - Home repairs and projects of interest