

PATHWAYS TO DAILY LIVING: {Extended Life Skills Program}

Individual lesson plans and participant worksheets available for all lessons.

PATHWAY TO BETTER HYGIENE

- 1 Introduction
- 2 A clean body
- 3 Taking care of your hair
- 4 Taking good care of your face
- 5 Clean hands
- 6 Taking good care of your teeth
- 7 Taking good care of your clothing
- 8 Cleaning your clothes

PATHWAY TO BETTER NUTRITION

- 9 A simple and proper diet
- 10 Going shopping for food
- 11 Easy meals—breakfasts
- 12 Easy meals—lunches
- 13 Easy meals—dinners
- 14 Easy meals—snacks
- 15 Food storage and kitchen cleanup
- 16 Eating out

PATHWAY TO BETTER PERSONAL ORGANIZATION

- 17 Choosing your clothing
- 18 Get yourself together
- 19 Having a backup plan
- 20 Making use of community resources
- 21 Affirming yourself

PATHWAY TO BETTER PHYSICAL AND EMOTIONAL HEALTH

- 22 Visiting the doctor and other health care people
- 23 At the office of your doctor or other health care professional
- 24 After the visit
- 25 Taking your meds
- 26 How am I doing today?
- 27 What to do when you are having bad feelings

PATHWAY TO MANAGING STRESS

- 54 An introduction to stress management
- 55 What is stress doing to you?
- 56 What's happened to you?
- 57 What pushes your buttons?
- 58 How have you "coped" in the past?
- 59 Coping skills—the basics
- 60 Coping Skills II
- 61 More coping skills
- 62 Living smarter. Living longer

PATHWAY TO SUCCESS

- 63 Using the serenity prayer
- 64 External supports
- 65 How to be good to yourself
- 66 Handling difficult situations

PATHWAY TO INDEPENDENT LIVING

- 67 What makes a "home?"
- 68 Safety in your home
- 69 Safety in your neighborhood
- 70 Apartment living guidelines
- 71 Moving in
- 72 Keeping your apartment clean

PATHWAY TO BETTER USE OF YOUR LEISURE TIME

- 73 Seeking happiness and contentment
- 74 Identifying your needs and wants: for happiness, contentment, and comfort
- 75 Making your dreams come true
- 76 Increasing the joy in your life
- 77 Your most important values
- 78 Adding balance to your life with new activities

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