



Life Skills Program

Serving Adults with Intellectual and Developmental Disabilities

This is a unique educational program that provides instruction and training in independent living skills and job readiness.

Person-centered planning is at the core of the program, ensuring each student is empowered to reach their fullest potential and live a meaningful, independent life in their community.

STUDENTS CHOOSE CLASSES THAT ALIGN WITH THEIR GOALS IN THE 5 AREAS LISTED BELOW:

- **Community Independence** - Using Community Resources, Personal Care, Personal Safety, Transportation
- **Independent Living Skills** - Money Skills, Food Prep/Nutrition, Physical Fitness, Personal Health, Home Care
- **Social/Communication Skills** - Interpersonal Skills, Conflict Resolution, Self-Advocacy, Relationships
- **Functional Academics** - Functional Reading & Writing, Functional Math/Calculator Use, Computer-Based Instruction
- **Job Training** - Computer Literacy, General Work Skills & Assessment, Volunteer Work Experience



PROGRAM DAYS/HOURS

Monday-Friday:
10:00am – 4:00pm
Hybrid (on-site and
on-line options)

ADMISSION TO THE PROGRAM:

This program serves adults with developmental and intellectual disabilities ages 22 years and older who are clients of the Regional Center of the East Bay.

The application process includes a visit to the program, completion of an application, medical report to be completed by a physician, an intake interview and a 3-day trial visit. Applicants may be placed on a waiting list if program is full.

Program Mission Statement:

The mission of the Adults with Disabilities Department is to provide high quality programs and classes which support the development of independence, work readiness, personal growth and participation in the community, in an atmosphere which promotes self-acceptance, mutual respect, self-determination, choice, dignity and personal fulfillment.

To apply or for more information, contact Karen Lingenfelter at (925) 685-7340 ext. 67500 or email: lingenfelterk@mdusd.org