

A Parent's Perspective on Teaching Life and Job Skills

Jackie Moore





Why We Started

- Fear of the future
- Limited opportunities
- Jordyn has significant fine motor, motor planning and speech struggles.
- At the time she struggled to do anything independently...



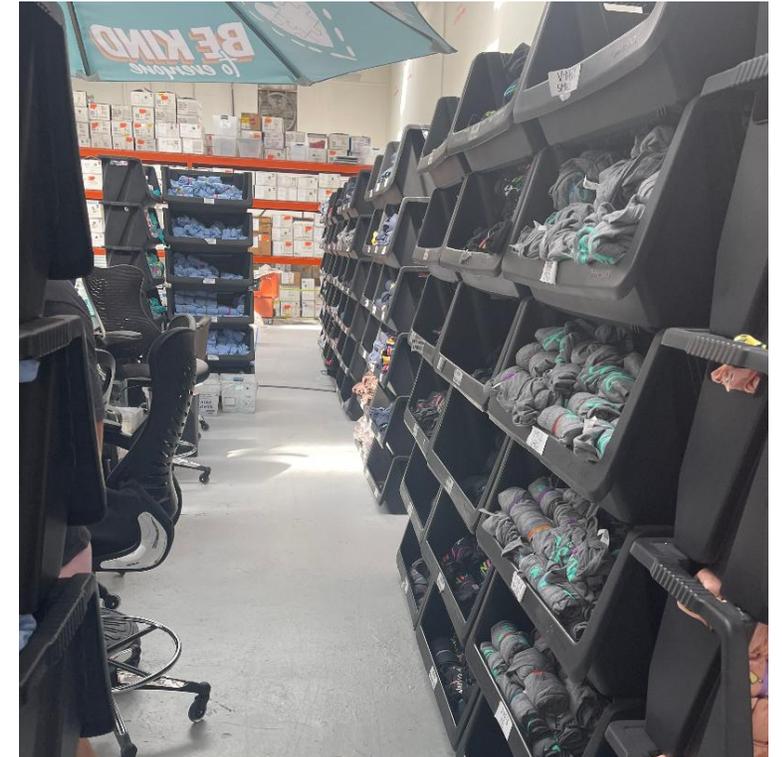
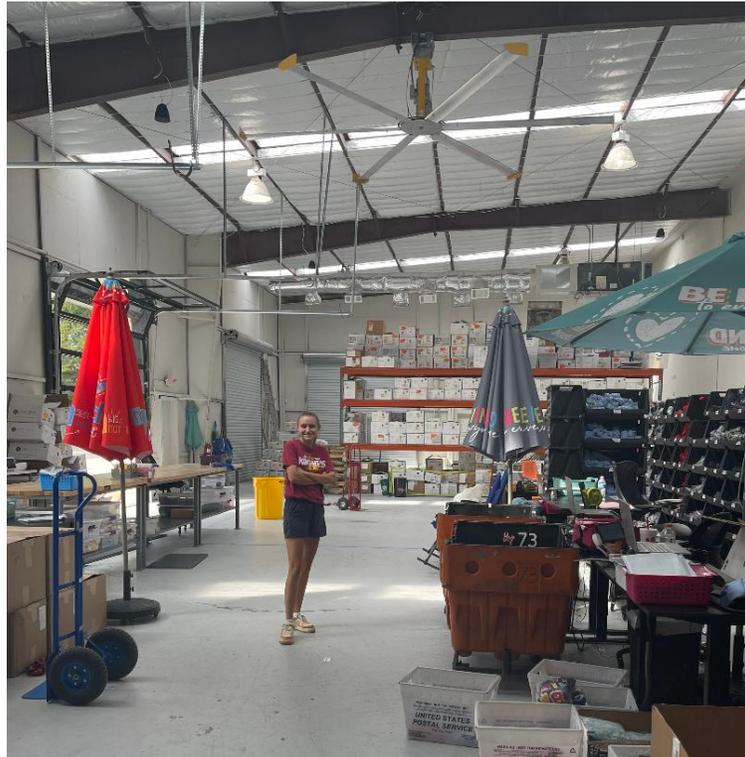


Today

- She graduated last May.
- She works full-time at the shirt shop.
- She is able to independently roll shirts, stamp signature cards, package ink pens and more.
- She enjoys filming daily for social media and her language continues to improve.
- She is happy and productive.

Our Shirt Shop....

- Sold over 450,000 tees
- Over 2,000,000 Social Media followers
- Jordyn works full-time in the shirt shop





Building Independence

- Helping individuals become as independent as possible is critical.
- No skill is small because it can lead to more skills.
- Work to build up the time they can do tasks independently.



Also, Presume Competence

- Many individuals with disabilities know much more than they are able to express.
- Talk to them (and expect others to talk to them) in an age-appropriate manner.
- You might think “I’m not sure they understand or wants friends or a job or ____.” In my opinion, it’s worth a try because they probably do.

The Social Side





Life and Job Skills

Both at School and at Home...



Example – Taking a Shower

- For taking a shower independently we looked at Jordyn's struggles. One of the biggest was that she wouldn't dry her hair well so by the time she dried her body off, her hair was dripping so much she was wet again. Her OT helped her learn to wrap her hair in a towel before using a separate towel to dry her body.

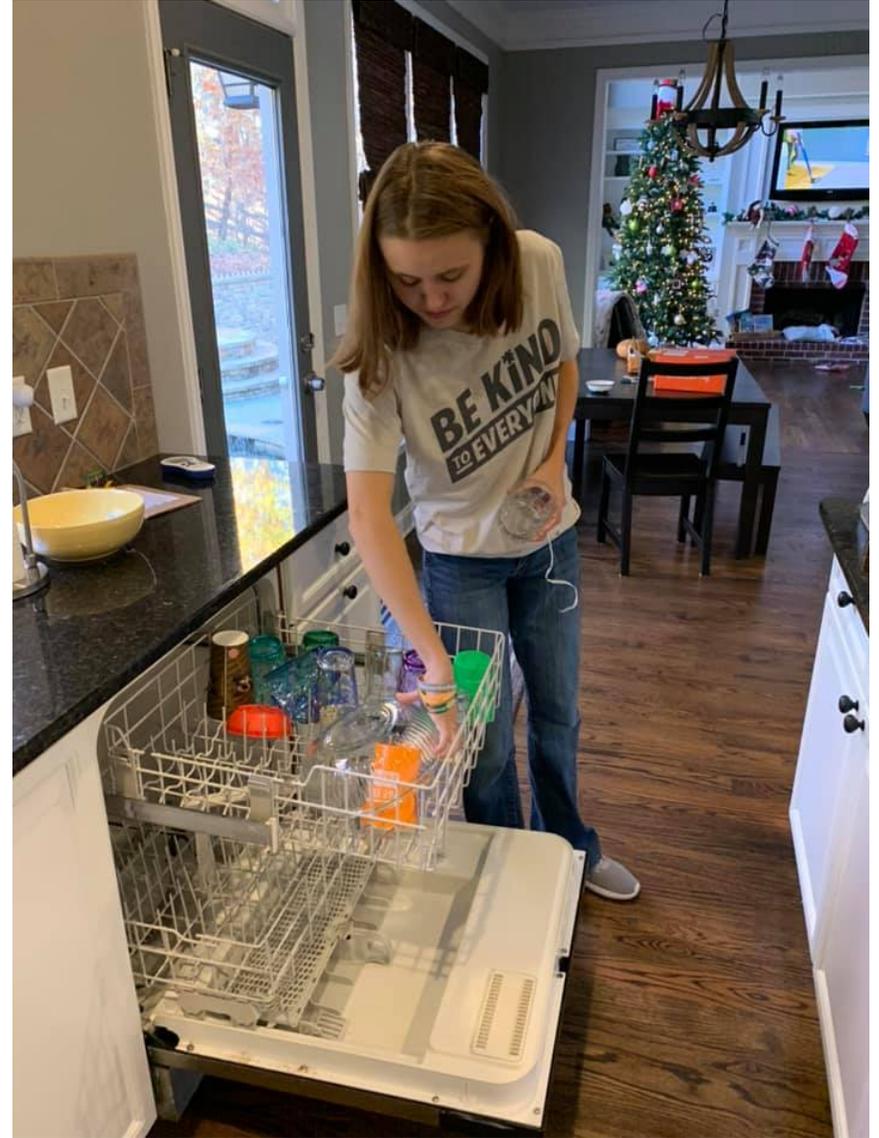
Modifications to Help with Learning



- She also struggles with getting the water temperature right. We recently found a color-coded shower head. Blue tells her the water is still cold, Green means it's the right temp and red means she's gotten it too hot.
- Ben (her dad) fixed the faucet so it would only turn to a certain temp.

Life Skills

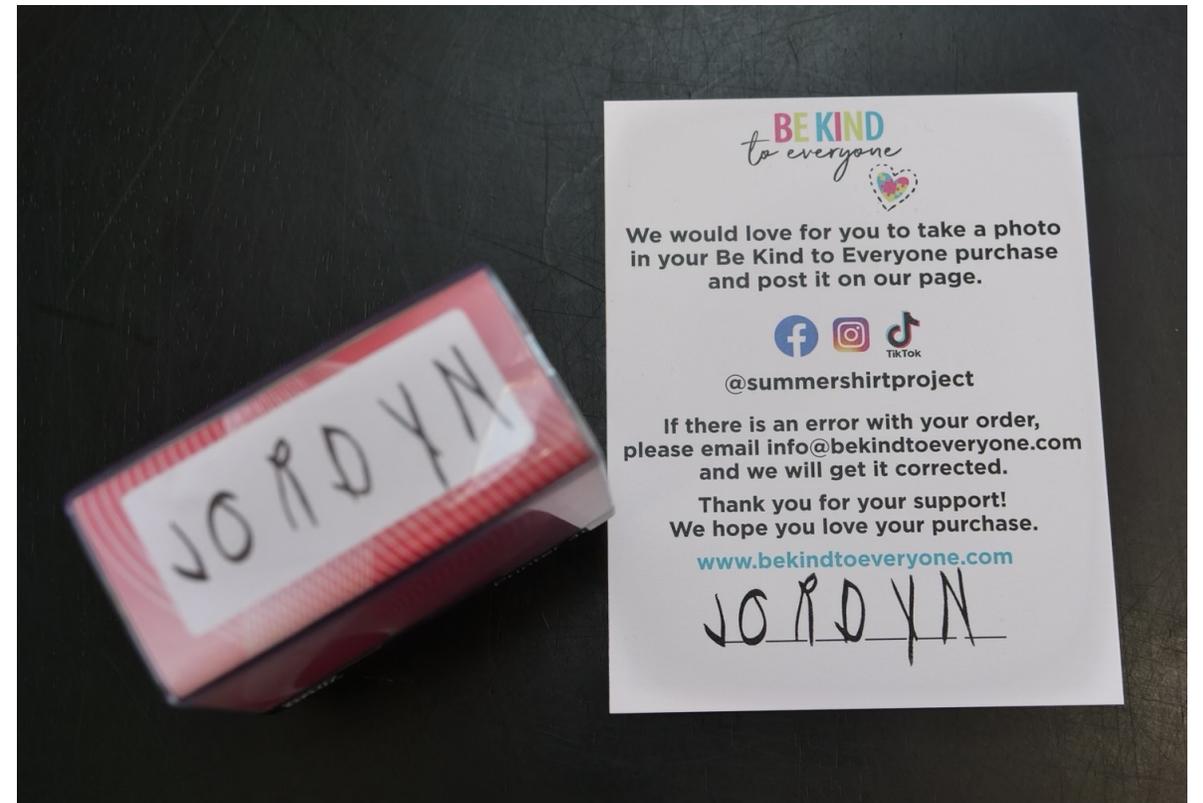
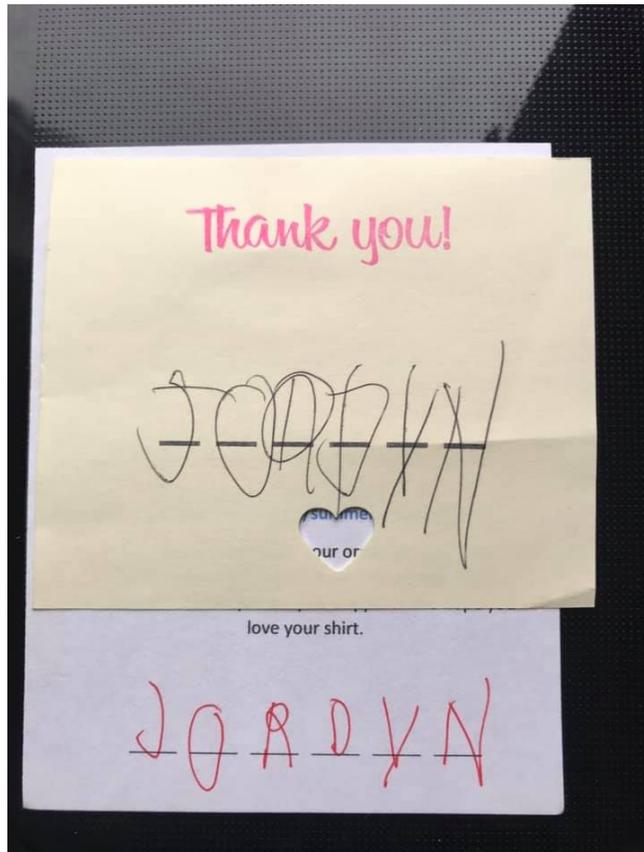
- Repetition
- Pick One: For us, picking a chore and breaking it into parts was helpful.
- Chore Chart: Many of our “kids” are visual. Put the chart in a visible place for accountability for both you and the individual
- Celebrate every accomplishment!





Accomodations

A work in progress...



**A small
change
makes a big
difference**





Increasing Independence



Practice VS Busy work

- We want Jordyn to learn to package items, but we didn't want to unpackage simply for the sake of packaging.
- We decided to add a decal to each tumbler.
- Why? We want her to know her work adds value and has a purpose.



Practice Vs. Busy Work at School

- Taking out the trash
 - Same trash over and over vs going to different classrooms
- Helping in the cafeteria – wiping tables after breakfast/lunch, push in chairs, replace napkins, wash fruit
 - Wiping the same table in the classroom over and over vs doing many tables in the lunchroom
- Laundry –
 - Instead of doing the same towels over and over do lunchroom aprons, art room aprons, etc
- Office – Pass out mail to teachers
 - Letter folding

Cole Learning to Roll Tees



From Fear to Hope



**Please
welcome
Jordyn...**





**Thank you –
Jackie and Jordyn**

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