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| Perry County Life Skills University  SPRING, SUMMER, AND FALL 2020 Course Registration Form |

We are pleased to announce the line-up for our 2020 LSU (Life Skills University) courses. They represent a mix of leisure, art, fitness, service, and employment-related lessons and opportunities.

Spring 2020 Semester Tuesdays, Thursdays, Fridays 2/4/20 – 4/24/20

Summer 2020 Semester Tuesdays, Thursdays, Fridays 6/2/10 – 8/21/20

Fall 2020 Semester Tuesdays, Thursdays, Fridays 10/1/20 – 12/22/20

Our Life Skills University program is designed for individuals who have learning, social, physical, and/or developmental delays. Courses are funded through Medicaid Waivers, the Perry County Board for the Developmentally Disabled (PCBDD), private-pay arrangements, and scholarships. It is very rare that Life Skills University would cost a student or a family.

Students who plan to receive funding through county board monies or Medicaid-Waiver services must be approved for courses by their Support Coordinators. Trendline Consulting staff will contact Support Coordinators when we receive this completed packet. Contact phone numbers for Support Coordination agencies are:

County Disability Resources (Perry County) 573-547-6639

Catholic Charities (Cape County) 573-339-0905

Strides (Sainte Genevieve) 573-880-7250

Class sizes are limited. Actual class assignments will be made in the order that registration forms are received and based on the match between the student's skills and the course's demands. If you have questions about these classes or the registration process, please contact Jacy Gray at [TrendlineJG@gmail.com](mailto:TrendlineJG@gmail.com) or at 573-605-9857 .

**Although each semester has a registration deadline, it would be most helpful to register for all classes by 12/31/19.** This is also the deadline for the Spring semester.

As you are completing this form, please note:

1. You can download the form from our website (TrendlineConsulting.org) and type into it if you would prefer.
2. If you are currently receiving Trendline Consulting services or have received services in the past three years, you can skip all sections that are in white, and only complete the ones that are in gray. Otherwise, please complete all sections.

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| Participant Information | | | | | |
| Participant |  |  | Participant Date of Birth |  |  |
| Phone Number |  |  | Street Address |  |  |
| Cell Phone |  |  | City, State |  |  |
| E-Mail Address |  |  |  |  |  |
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| Parent/Guardian |  |  | Street Address |  |  |
| Phone Number |  |  | City, State |  |  |
| Cell Phone |  |  | E-Mail Address |  |  |
|  |  |  | E-Mail Address |  |  |
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| Emergency Contact Information (different person than Parent/Guardian) | | | | | |
| Name |  |  | Relationship |  |  |
| Phone Number |  |  | E-Mail Address |  |  |
| Cell Phone |  |  |  |  |  |
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| Support Coordinator Information | | | | | |
| Name of SC |  |  | Service Coordination Organization |  |  |
| Phone Number |  |  |  |
| E-Mail Address |  |  |  |  |  |
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| Transportation | | | | | | | |
| Does the student need rides from Trendline Consulting staff to class? | | | | Yes |  | No | |
| Does the student need rides from Trendline Consulting staff home from class? | | | | Yes |  | No | |
| Who can drop off and pick up the student? (Please list specific names) | | | | | | | |
| Individual/Agency 1 |  |  | Phone/Cell Phone # |  | | |  |
| Individual/Agency 2 |  |  | Phone/Cell Phone # |  | | |  |
| Individual/Agency 3 |  |  | Phone/Cell Phone # |  | | |  |
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| SPRING 2020 Desired Classes |

Please check the classes that you would like to register for. You cannot register for two classes that take place on the same days and at the same times.

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|  | “CARING FOR KIDS”  Trendline staff and participants will explore strategies for caring for young children. Topics will include “being a role model”, “safe transportation”, “developmental domains and stages”, “communicating with kids”, “physical / hygiene needs”, “nutrition”, and “kid fun.” | TUESDAYS,  THURSDAYS  2:45PM-3:45PM |
|  | “RELATIONSHIP SAFETY”  This class will help individuals learn about healthy peer, family, and romantic relationships. Specific topics will include “Self-Discovery”, “Setting Goals”, “Healthy Relationships and Boundaries”, “Trust”, “Communicating Feelings”, “Online Safety”, and “Dating Etiquette.” | TUESDAYS,  THURSDAYS  2:45PM-3:45PM |
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|  | “GAMING CENTRAL”  Instructors will teach consumers to play a number of computer and board games including MineCraft, Roblox, Life, Trouble, Sequence, and Headbanz. After 6 weeks of learning to play target games, participants will decide what to play each week. | TUESDAYS,  THURSDAYS  2:45PM-3:45PM |
|  | “ARTIST IN THE MAKING”  Students will gain experience playing keyboards, recorders, and guitars. They will have 8 supervised hands-on lessons for each instrument. Staff will also blend in discussions about types of music and types of instruments as well as tempo, volume, tone, melody, and harmony. | TUESDAYS,  THURSDAYS  3:45PM-4:45PM |
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|  | “YOGA”  Students will learn relaxation techniques that they can use to reduce stress and manage their emotions. They will also learn fun physical activities and postures to loosen the body, increase strength, improve flexibility, and increase self-awareness and body awareness. | FRIDAYS  1:30PM-2:30PM |
|  | “HEALTHY EATING”  Consumers and staff will work together to design and create one balanced meal each class. They will learn about food groups, portion sizes, and healthy alternatives for ingredients. Kitchen safety and safe food storage will also be emphasized. Each class will include a healthy and delicious dinner. | FRIDAYS  2:45PM-5:00PM |

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| SPECIALLY SCHEDULED 2020 Desired Classes |

These courses cut across multiple semesters and semester breaks but will occur on days and at times that do not interfere with other LSU courses.

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|  | “XPLORERS”  This class will begin April 3rd and will meet every Friday from 9:00am to 1:00pm through June 19th. Students and staff will enjoy traveling to local outdoor landmarks, hiking, fishing, and kayaking. Staff and participants will pack lunches together each day before leaving for their adventure. | FRIDAYS  April 3rd through  June 19th  9:00am-1:00pm |
|  | “CONNECT WITH COMMUNITY”  Students in this class will join staff in giving back to their communities. There will be 15 hours of volunteer opportunities that are scattered through the year beginning in the Spring. Opportunities will each last between 1 and 2 hours, and most will take place either on Fridays or Saturdays. Specific dates and times will be determined later. Consumers will have opportunities to engage in a variety of activities with people of a number of different ages. | To Be Determined |

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| SUMMER 2020 Desired Classes |

Please check the classes that you would like to register for. You cannot register for two classes that take place on the same days and at the same times.

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|  | “ROBOTICS”  Students will learn about components of motors, assemble basic robots, make modifications, and develop simple computer programs that help their robots complete tasks. They will build, code, and do battle. | TUESDAYS,  THURSDAYS 2:45PM-3:45PM |
|  | “COUNTING MONEY”  Students will learn basic money skills to use in daily life. Lessons will include bill and coin values, counting, and exchanges. Fun, money-centered games will provide opportunities for real-life experience. | TUESDAYS,  THURSDAYS  2:45PM-3:45PM |
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|  | “PAINTING AND SCULPTING”  Students will be led through a total of four projects that will teach painting and sculpting skills while also encouraging creativity. Participants will express their personality within art that they can take home and keep. | TUESDAYS,  THURSDAYS  3:45PM-4:45PM |
|  | “DANCES OF THE DECADES”  Staff will introduce consumers to a variety of dance styles, traditions, and music of the 20th and 21st centuries. Videos and dance lessons will highlight fashions of the time, traditions, and specific dance moves. | TUESDAYS,  THURSDAYS  3:45PM-4:45PM |
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|  | “SWIMMING”  Students and staff will travel to the Perry Park Center to enjoy the pool each session . Trendline staff will offer structured water games for those who want to join and will teach and emphasize water safety throughout. | FRIDAYS  2:45PM-5:00PM |
|  | “FACS” FAMILY & CONSUMER SCIENCES  Students will learn to better organize and manage home life through lessons about laundry, grocery and household shopping, meal planning, and cleaning. Loaded with hands-on experiences, tools to take home, and a friendly competition/raffle for increasing independence. | FRIDAYS  2:45PM-5:00PM |

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| FALL 2020 Desired Classes |

Please check the classes that you would like to register for. You cannot register for two classes that take place on the same days and at the same times.

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|  | “HYGIENE & BEAUTY”  This class will be a fun exploration of female topics, habits, and experiences. These will include basic hygiene practices to maintain a clean and healthy lifestyle as well as make-up, hair-style, and fashion trends. Students will be taught basic techniques but will also be encouraged to be creative during hands-on activities. | TUESDAYS,  THURSDAYS 2:45PM-3:45PM |
|  | “WORLD CULTURE”  Students and staff will explore six different places on the globe and their cultures through the use of internet research, pictures, music, foods, and video footage. They will pay attention to geography, primary occupations, capital cities, dress, language, leisure activities, and holiday customs. | TUESDAYS,  THURSDAYS  2:45PM-3:45PM |
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|  | “DRIVERS EDUCATION”  Students who have not yet earned their Learner’s Permits will study relevant material such as road signs, rules of the road, and common driving situations. Lectures, practice tests, and role plays will be combined with short trips in the car to find examples of target concepts. Students who have already earned permits can be scheduled for in-car driving lessons with experienced instructors. | TUESDAYS,  THURSDAYS  3:45PM-4:45PM |
|  | “P’VILLE NEWS”  Students and staff will explore their local community, take pictures and videos, and conduct interviews so that they can create interesting and informative news stories about people and places around them. They might explore local government, city or county services, businesses, leisure or entertainment venues, landmarks, or sports teams. Broadcasting teams will have the option of posting their stories to their own YouTube channel. | TUESDAYS,  THURSDAYS  3:45PM-4:45PM |
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|  | “MADE FOR THE STAGE”  Students will select a holiday-themed play or musical, add their own twists, and produce a live performance. They will collaborate to divide roles, develop props and costumes, and practice for their “big night” – Friday, December 22nd. | FRIDAYS  2:45PM-5:00PM |

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| Health/Safety Questions | | | | |
| These questions identify any health and safety issues that we should be aware of when teaching the student. Does the student have any of the following conditions? If so, please describe them. | | | | |
|  | Yes | No | Description or Additional Notes |  |
| Diabetes? |  |  |  |  |
| High Blood Pressure? |  |  |  |  |
| Heart Condition? |  |  |  |  |
| Asthma? |  |  |  |  |
| Environmental Allergies? |  |  |  |  |
| Allergic to Bee Stings? |  |  |  |  |
| Food Allergies/Limitations? |  |  |  |  |
| Seizure Disorder? |  |  |  |  |
| Significant Arthritis? |  |  |  |  |
| Heat Stroke or Fainting? |  |  |  |  |
| Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |
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What else might we need to know in order to best support this student within these classes?

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| Consent to Participate |
| A signature of a parent or legal guardian is required for the consumer to participate. If the student is his/her own guardian, then he/she must complete this consent form. **Write your initials on each line and then sign the end of the consent form.**  I agree that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can participate in the 2020 Life Skills University Courses that I have indicated.    \_\_\_\_All classes will begin and end at the Trendline Consulting office at 1404 Corporation Lane, Suite 40 in Perryville, MO.  \_\_\_\_Students might be transported to various locations as part of their courses. This is especially true for “Caring for Kids”, “Driver’s Education”, “Swimming”, “YOGA”, “XPlorers”, “Connect With Community”, “FACS: Family & Consumer Sciences”, “and “P’ville News.” They will be driven in cars by Trendline Consulting staff. I agree to allow this transport.  \_\_\_\_Many courses could potentially include internet-based activities. The student will have access to common internet search engines such as “Google Chrome” as he/she works with staff and peers to find information. I agree to allow this internet access.  \_\_\_\_Students in many of the classes (“World Customs”, “FACS”, “Counting Money”, “Connect With Community” , “XPlorers”, and “Healthy Eating”) will have opportunities to select and eat snacks or meals each week. Trendline Consulting staff will try to encourage healthy choices and portion control, but cannot ensure that students will order and eat responsibly. I accept this risk.  \_\_\_\_Students in the “FACS: Family & Consumer Sciences” and “Healthy Eating” courses will use common appliances such as ovens, stove tops, microwave ovens, plastic knives, washing machines, etc. They will also use household cleaning chemicals and clothing detergents. Although they will be taught to follow basic safety precautions, they could incur minor injuries while in and around these items. I understand and access this risk.  \_\_\_\_Students in the “Dances of the Decades”, “Made for the Stage”, “Connect with Community”, “YOGA”, and “P’ville News” courses will be encouraged to engage in light or moderate physical activity that will likely include stretching, walking, twisting, dancing, and jumping. Although these activities will be supervised, they include some risk of injury that could include falling, twisting ankles, bruising, etc. I certify that the participant has been cleared by a doctor to participate in these activities and accept the associated risks. |
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| \_\_\_\_Students in the “Swimming” class will use the pool at the Perry Park Center under the supervision of Trendline staff and lifeguards working there. They will be encouraged to avoid water depths that seem to be inappropriate for their levels of ability. I understand that swimming activities within this class introduce the possibility of water-related accidents like slipping on water surfaces and drowning. I accept these risks.  \_\_\_\_Students in the “Swimming” course will likely choose to change into and out of appropriate clothing in the locker rooms of the Perry Park Center. While a staff member will be in the locker room at all times that students are, I understand that other members of the general public will also be in the locker room and accept this.  \_\_\_\_Students in the “Connecting with Community”, “P’Ville News”, and “XPlorers” classes will likely spend portions of their sessions outside. I have listed all known environmental allergies and health concerns in prior portions of this packet. In cases of severe allergies such as to bee stings, the student will bring appropriate medication and instructions with him/her to class each week.  \_\_\_\_Students in the “XPlorers” course will spend time using fishing gear, hiking, and kayaking in calm bodies of water. They will be required to wear flotation vests that are provided by Trendline staff, and there will be at least one Trendline Consulting staff in the water at all times during kayaking. Students can choose a single kayak or a two-person kayak to ride in along with a staff member. Although it is not likely, kayaks can tip over or capsize, and students could have to walk or float to shore with assistance. Students could also trip or fall while walking on uneven ground. I understand and accept the associated risks.  \_\_\_\_Students in the “FACS: Family & Consumer Sciences”, “Painting and Sculpting”, “Caring for Kids”, “Made for the Stage”, “Hygiene and Beauty”, and “Healthy Eating” classes will be using or exposed to materials that could stain or damage their clothing. Trendline staff will take steps to limit this as much as is possible.  \_\_\_\_Students in the “Relationship Safety” and “Beauty and Hygiene” courses may be discussing and exploring issues that may be sensitive to some. These include abuse and neglect, exploitation, social media scams, rape, sex, menstrual cycles, and feminine hygiene products. I understand this and have expressed to Jacy Gray any limits that I would like imposed on what this consumer encounters.  \_\_\_\_Students might come home with supports to use, musical instruments to practice with, art projects, YOGA poses or dance moves to demonstrate, and lots of interesting stories. I will help to support their independence and new-found interests to the extent that is possible and is healthy. |

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| \_\_\_\_I agree to allow Trendline Consulting staff to communicate with this participant’s Support Coordinator and/or representatives of his/her Support Coordination Agency in order to seek authorizations and funds for this student to participate in these Life Skills University classes. This means that Trendline Consulting staff will be allowed to read the student’s ISP, and that the Support Coordinator will have access to session notes and monthly reports about Life Skills University.  \_\_\_\_I agree not to hold either Trendline Consulting (or its employees) responsible for any injuries or damages that occur during or as a result of these classes.  \_\_\_\_I have considered potential risks of each course before providing my consent.  \_\_\_\_I understand that I can contact Trendline Consulting at either 573-999-3568 (Matt Stoelb), 573-768-9196 (Jacy Gray), or TrendlineJG@gmail.com with any questions or concerns that I have.  \_\_\_ \_\_  Signature of Student/Parent/Guardian Date |

You can submit this Registration and Consent Form packet by:

* E-Mailing it To: [TrendlineJG@gmail.com](mailto:TrendlineJG@gmail.com)
* Mailing or Dropping it Off At: Trendline Consulting

1404 Corporation Lane, Suite 40

Perryville, MO 63775

Thank you very much for registering for Life Skills University courses. We are looking forward to serving this participant and helping him/her learn new skills and enjoy new adventures. Please don’t hesitate to contact us at any time that you have questions, comments, ideas, or concerns. Your input is very valuable.