Wellness, Inclusion, and Nutrition

Adult Living Skills - Davis, CA

Handout #5
09-24-19 revised 09.24.19 R2.5
Adult Living Skills is a postsecondary program that services adults (ages 18-22) with moderate to severe disabilities. The primary goal of the program is to facilitate student transition from high school to adulthood by emphasizing skills related to vocational education.

Adult Living Skills prides itself on primarily using the community as its classroom. Skills are learned in the community, and training and independent living skills are practiced in the community. Students participate in lessons and activities designed to foster transition skills at locations such as employment and volunteer sites, in neighborhoods, parks, and stores, on public buses and trains, and on college campuses.
This is about 20% lower than the average United States citizen. The median life expectancy of a student from our program is 63.1 years.

- Medical professionals consider it very difficult to reverse the damage caused by these ailments once individuals reach middle age.
- Intellectual disability (cerebral palsy, down syndrome, spina bifida, etc.)
- Individuals. They are also in addition to other physical ailments outside of
- These ailments are numerous and often have compounding effects on
- Variety of mental and physical health ailments throughout their life.
- After completing our program, students are expected to suffer from a wide

Our Problem
Chronic symptoms that contribute to early mortality in our students include:

- Diabetes
- Sedentary lifestyle
- Neglect
- Poor nutrition
- Isolation
- High cholesterol
- High blood pressure
- Obesity
- Anxiety
- Depression

What's causing this?
Several challenges:

Similar impact and environmental factors (such as the weather) posed community-based programs, but the program lacked the resources to have an alternative.

Students who were unable to participate were given an alternative.

An average $189.00 monthly paycheck, or about 18% of their income.

The cost for students to participate was prohibitive ($34.00 a month).

Memberships were paid for by students or families.

Association at the UC Davis Athletics and Recreation Center (Student Gym).

In the 2016-2017 school year, 4 out of 18 AALS students participated in a Pilot Year.
participate in activities outside of the school day.

ARC facilities would be available to students daily throughout their six month memberships, and students would be allowed to attend and

"gym buddies" a day for 90 minutes a day based on student needs.

The Autism Awareness Association provided between 2-5 volunteers /

discounred rate of $34.00 a month with a six month commitment.

while students would typically pay $50.00 a month for a membership. ALS

leverage its partnership with UC Davis that allowed for it to provide a

while attending students for nine months.

The 2018-2019 mini-grant requested $3,600.00 in funds to support 12

attending students for six months.

The 2017-2018 mini-grant requested $3,200.00 in funds to support all 16

Mini-Grant Proposal

Adult Living Skills
would develop student fitness goals and track data on their progress.

Depending on student abilities and needs, gym buddies, staff, or students

on their availability, interests, ability, and needs.

Students would attend exercise sessions between 2-4 times a week based

with limited teacher/paraprofessional intervention.

Gym buddies and students were encouraged to develop natural friendships

various recreational activities (basketball, racquetball, dance classes, etc).

using equipment, engage in strenuous cardio exercises, and participate in

students how to engage in safe stretches/calisthenics, operate weight

Gym buddies worked one-to-one or in small groups in order to show

The Program
Personal Training, Rock Climbing, and Intramural Sports.

3. Programs that include Group Exercise, Dance classes, Martial Arts,

2. Coaching, training, and support from university students that act as

student "gym buddies" and role models for our students.

matchmes, basketball, and racquet courts, and much more.

an indoor track, cardio rooms with treadmill, bikes, and elliptical

1. Access to a state-of-the-art university gym with multiple weight rooms.

Expected Outcomes

The identified ailments contributing to early mortality in students with moderate

to severe intellectual disabilities will be mitigated by...
Expected Outcomes (cont.)

4. A reduction in mental health challenges (such as anxiety, depression, and isolation) as well as a decrease in the effects of physical health ailments (such as diabetes, poor nutrition and eating habits, high cholesterol, obesity, etc.) through regular structured and intensive exercise.

5. The development of varied positive and lasting relationships with same age peers from a diverse typically developing population, as well as strengthening their roots on a university campus.

6. Overall improvement in the quality of life for students with moderate to severe disabilities.