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Basic Life Skills for Students with Intellectual Disabilities

This presentation outlines key life skills essential for students with intellectual disabilities, equipping them for greater independence and participation in their communities.



Developing Personal Care Skills

Dressing

Learn to dress themselves appropriately for various occasions, including choosing outfits based on weather and social contexts.

Grooming

Master basic grooming habits, such as brushing teeth, washing hands, and maintaining personal hygiene.

Hygiene

Develop a routine for showering, bathing, and maintaining cleanliness, promoting overall health and well-being.

Building Independence in Home Management

Cooking

Learn simple recipes and meal preparation skills, fostering healthy eating habits and self-sufficiency.

Cleaning

Develop cleaning routines for maintaining a tidy living space, including dusting, vacuuming, and tidying up.

Laundry

Master laundry skills like sorting clothes, operating washing machines, and drying clothes efficiently.





Fostering Money Management



Budgeting

Learn to create and stick to a budget, prioritizing spending and saving for future goals.



Banking

Understand basic banking procedures, including opening accounts, depositing funds, and withdrawing money.



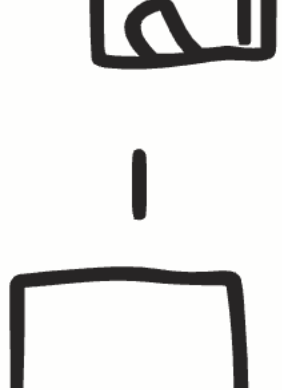
Purchases

Develop skills in making informed purchases, comparing prices, and managing finances responsibly.



Navigating Public Transportation and Community Mobility

- 1 — Learn to read maps and schedules to plan routes efficiently and safely.
- 2 — Practice using public transportation, including buses, trains, and subways.
- 3 — Develop strategies for navigating unfamiliar environments, relying on public transportation.



Improving Communication and Social Skills

1

Verbal Communication

Develop clear and concise communication skills, improving verbal expression and comprehension.

2

Nonverbal Communication

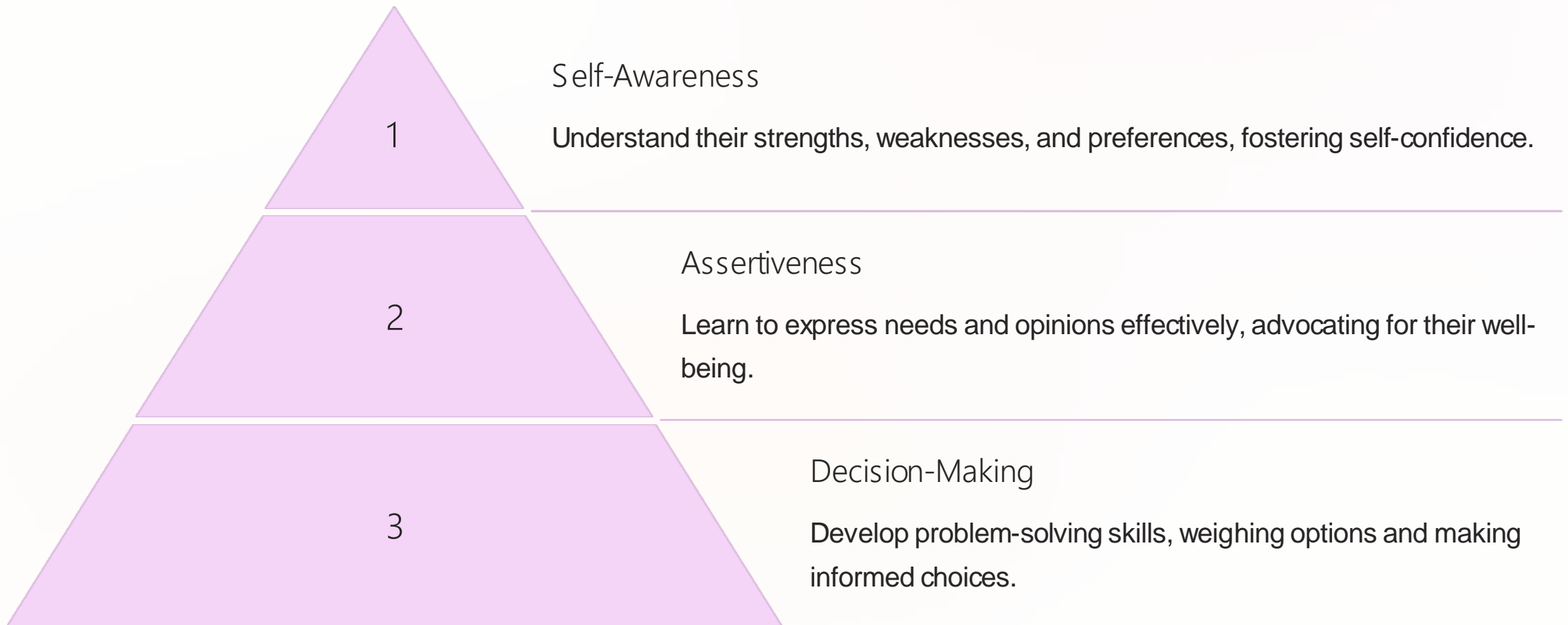
Enhance nonverbal skills, including body language, facial expressions, and appropriate social cues.

3

Social Interactions

Practice navigating social situations, engaging in conversations, and building meaningful relationships.

Cultivating Self-Advocacy and Decision-Making Abilities



Exploring Vocational Training and Job Readiness

1

Explore Interests

Discover their passions and skills, exploring potential career paths.

2

Vocational Training

Participate in programs that build job-specific skills and knowledge.

3

Job Readiness

Prepare for job searches, interviews, and navigating workplace environments.

Promoting Healthy Habits

1

Nutrition

Learn about balanced diets, meal planning, and making healthy food choices.

2

Exercise

Engage in regular physical activity, promoting fitness and overall well-being.

3

Stress Management

Develop coping mechanisms for managing stress and maintaining mental health.



Utilizing Assistive Technologies and Adaptive Equipment



Life Skills Development

Essential Skills for Independence and Well-being

Toileting Skills

Indications:

Recognizing when to use the toilet.

Using the Toilet:

Proper steps for effective use.

Cleaning After Use:

Importance of personal hygiene.

Maintaining Privacy:

Respecting boundaries and personal space.

Adaptation:

Modifications for accessibility as needed.



Hygiene Practices

Nose Blowing:

Proper technique to maintain cleanliness.



Nail Cutting:

Regular trimming for hygiene and health.



Ear Cleaning:

Safe practices to avoid injury.



Shaving (Male):

Steps for safe and hygienic shaving.



Menstrual Hygiene (Female):

Importance and practices for maintaining health.



Self-awareness

Meaning:

Understanding oneself, strengths, and weaknesses.

Benefits:

Improved decision-making and confidence.



Self-Awareness
IN THE CLASSROOM

Self-direction

Meaning:

Ability to set goals and work towards them independently.

Benefits:

Enhanced motivation and independence.



Interpersonal Relationships

Meaning:

Building and maintaining positive connections with others.

Skills:

Empathy, cooperation, and respect.



Effective Communication

Meaning:

Expressing oneself clearly and listening actively.

Skills:

Verbal, non-verbal, and written communication.



Managing Emotions

Meaning:

Recognizing and regulating one's emotions.

Benefits:

Reduced stress and improved relationships.



Self-Help Skills

Practical Skills for Daily Living



Mealtime



Dressing



Grooming

Introduction

What are Self-Help Skills?

- Essential skills for independent living.
- Helps in building confidence and social integration.

Why Need Self-Help Skills?

- Promotes autonomy and self-care.
- Reduces dependency on others.



Mealtime Activities

Feeding and Eating by Self

Importance of Self-Feeding

- Encourages independence.
- Develops fine motor skills.
- Holding utensils correctly.
- Eating without spilling.



Mealtime Activities

Social Behaviour

- Sitting properly at the table.
- Waiting for everyone before eating.
- Using polite phrases ("please," "thank you")



Setting & Cleanin

- Arrange plates, utensils, and glasses correctly.

Cleaning Up After Meals:

- Clearing plates.
- Wiping the table.
- Washing dishes.

Dressing

Removing & Wearing Clothes

- Removing and wearing clothes independently
- Understanding front/back and right-side up of clothes

Using Fasteners

- Buttons, zippers, and hooks.

Appropriate Clothing Choice

- Matching colors and styles.
- Folding clothes
- Washing and ironing clothes.



Footwear and Accessories

- Weather and activity-appropriate.
- Hats, belts, and jewelry (as needed).
- Cleaning and storing properly.



Grooming-Bathing and Combing

- Cleaning all body parts.
- Drying with a towel thoroughly.
- Handling tangles gently.
- Keeping hair neat and presentable.



Thank you