



# SCILLS

Self Care and Independence Learning for Life

[lansdownecentre.ca](http://lansdownecentre.ca)



# TABLE OF CONTENTS

01

---

What is SCILLS?

02

---

Measuring Success

03

---

Eligibility

04

---

Setting Goals

05

---

Activities



# WHAT IS THE SCILL PROGRAM?

The annual Self Care & Independence Learning for Life (SCILL) program aims to enhance the independent life skills of transitional-aged youth who are, or have been clients of Lansdowne Children's Centre.

SCILL is a week long camp in an accessible setting, introducing the opportunity for youth to set their own goals for the week. Staff are on hand to assist with care needs, as directed by the clients and adapting skills as required to meet individual needs.

This program is run by a multi-disciplinary team to ensure that all goals are supported with a variety of skills and expertise. Team members will include: an Occupational Therapist, Physical Therapist, Autism Therapist, Child and Youth Worker, Recreation Therapist and Support Workers.



# MEASURING SUCCESS

Success in the camp is officially measured by the COPM (Canadian Occupational Performance Measure) but for those who attend SCILL, success is measured in expanding their world, understanding their place in the community and what they have to offer, and realizing that their potential is not measured by numbers but rather by value and self-worth.

Throughout the years our SCILL campers have echoed these sentiments and continued to build on the skills they developed in program, marking a beginning of a lifelong learning journey.

The Canadian Occupational Performance Measure is an evidence-based outcome measure designed to capture a client's self-perception of performance in everyday living, over time. Originally published in 1991, it is used in over 40 countries and has been translated into more than 35 languages.

[thecopm.ca](http://thecopm.ca)



# ELIGIBILITY

Who is eligible to attend SCILLS?



SCILL program is intended for teens aged 14-18 years (21 if they are still receiving services at Lansdowne), who are working towards living independently/semi-independently or planning to attend post-secondary education.

Individuals who are able and interested in creating their own goals in the areas of self-care, productivity, leisure, and school and job readiness are ideal candidates.

Teens must be willing to work on these goals during the duration of the program and be interested in continuing to work on these goals after the completion of the program.

Anyone attending SCILL program must have a level of independence that allows for safe supervision in a group environment. Unfortunately, those with physically aggressive behaviours or who may elope from program will not be eligible to attend this program.



# GOAL SETTING

## What type of goals will my teen work on at SCILL?

Teens would be involved with the following areas of life skills development

- directing personal care needs
- exploring job readiness
- exploring post-secondary education opportunities
- food preparation and menu planning
- laundry
- organization of personal belongings
- organization of personal living space
- money management
- community resources i.e. public transportation
- career planning
- healthy sexuality
- goal setting
- socialization
- physical health and wellness
- leisure interests and activities

Teens would develop their individual goals for the week prior to attending. Some activity sessions would be considered mandatory with others being optional.



# ACTIVITIES



What type of activities should campers expect to participate in?

Activities include:

- Meal planning
- Grocery shopping
- Meal preparation
- Money management
- Simple event/outing planning
- Experiences booking and taking public transit (taxi, operation LIFT, city bus)
- Support for individual research on volunteer or paid work experiences, academic programming options, or community involvement in leisure activities
- Learning sessions facilitated by team members and community partners if appropriate (e.g. relaxation and stress management, educational accommodations in post-secondary, independent living options, etc)
- Clients set their own goals and are encouraged to develop skills to work on skill development with more independence

# WHAT SHOULD I DO IF I AM INTERESTED IN REGISTERING MY TEEN FOR SCILL?

If you are interested in the SCILL program, please contact Paige Shewfelt at 519-753-3153 ext. 286.

Alyssa can support you in completing an eligibility interview to ensure that your teen is appropriate for this program. If deemed eligible, you will next be asked to please complete an application.

Due to limited space, only about 10 teens will be selected per year, based on age and goals. If your child is not selected for this year's program, they will be put onto a waitlist to attend in future programs.

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