

WHAT IS CHECKERED DOOR?

Checkered Door is a Community-Based Centre delivering a Social Development Program for Youth with Intellectual Disabilities including Autism Spectrum Disorder, ages 18-29

WHAT ARE THE GOALS OF THE PROGRAM?

To prepare youth with intellectual disabilities to transition to adulthood by:

- ✓ supporting the development of social skills
- ✓ learning the techniques of emotional regulation
- ✓ developing skills for life
- ✓ practicing the key elements of character development

Partnered with participation in the arts, recreation and community inclusion

HOW DOES CHECKERED DOOR SUPPORT THESE GOALS?

SOCIAL SKILLS DEVELOPMENT

Supporting the development of social skills will take place in a social model, day training program with agesimilar peers at the Checkered Door Centre. The program offers structured, scheduled group activities both in the Centre and in the Community offering a variety of learning environments and opportunities for inclusion. An example of these activities could include group volunteering in the community to develop teamwork and communication skills. These skills are first developed and practiced in the centre and may include: treating others respectfully, managing emotions, following direction, choosing appropriate words, and learning social and acceptable behavior. Opportunities to increase social skills are ever present while participating in a variety of activities within the Centre and in the community.

EMOTIONAL REGULATION

Participants and Staff will benefit from continuous training on the Zones of Regulation, A Curriculum Designed to Foster Self-Regulation and Emotional Control, Leah M. Kuypers, MA Ed. OTR/L. Assisting individuals to identify emotions and develop the appropriate skills to self-regulate is key to maturing into an emotionally healthy adult. The curriculum provides selected lessons, using a cognitive behavior approach, to teach skills in consciously regulating actions which results in increased control and problem solving abilities. Individuals will participate in the learning activities in a small group format and practice/transfer the learning to various environments within the Centre and Community.

SKILLS FOR LIFE

The development of Skills for Life will focus on communication skills, language development, technology and tools, personal boundaries, building healthy relationships, cultural sensitivity, and transition/change. Other topics will be introduced as needs are identified.

CHARACTER DEVELOPMENT

The key elements or virtues of good character are many and at Checkered Door we have chosen to align these qualities with our Values. We encourage and support the development of these characteristics. They are: love, joy, peace, patience, goodness, kindness, faithfulness, gentleness and self-control.

ARTS, RECREATION AND COMMUNITY INCLUSION (examples)

Arts

- Music discovery
- Dance
- Acting
- Drawing/Painting
- Sculpture
- Arts and Crafts
- McLaren Art Centre
- Galleries, Museums, Theatre

Recreation and Community Inclusion

- Hiking
- Bowling
- Picnics/Parks
- Farms and Zoos
- Copeland Forest
- Wildlife Sanctuary
- Beaches
- Community Events

PROFESSIONAL REFERRAL

Instructions

Applicants are required to obtain a referral from a Provincially Licenced Health Care Professional who knows the applicant well enough to certify that the Social Development Program offered by Checkered Door Inc. is an appropriate means to assist the individual in coping with/alleviating the effects of an Intellectual Disability/ Disorder, Developmental Disability, or Autism Spectrum Disorder.

The following Provincially Licenced Health Care Professionals may complete this form:

- Family doctor or other physician, including psychiatrist
- Psychologist
- Occupational Therapist
- Speech Language Pathologist
- Registered Nurse/Nurse Practitioner

To be filled out by applicant

Last Name First Name
(Applicant)

Name of Parent, Guardian or Primary Care Support, relationship to applicant

Address City Postal Code

Phone *(home)* Phone *(cell)*

Date of Birth (YYYY/MM/DD)

Referring Provincially Licensed Health Care Professional *(Physician, Social Worker, Psychologist, Occupational Therapist, Speech Language Pathologist, Registered Nurse)*

Address Phone

To be completed by Health Care Professional

Applicants may qualify for Social Development Training delivered by Checkered Door Inc. if they are a person identified as having an intellectual/developmental disability including autism spectrum disorder.

This information will be used to determine the appropriateness of the training for this individual.

Please complete and sign this report and return it to your patient/client.

1. Please identify the primary disability of the applicant: (check all that apply)

Intellectual disability

Intellectual disability

Cognitive impairment

Developmental disability

Autism spectrum disorder

2. Please indicate secondary disabilities (if any):

3. After reviewing the attached description of the Social Development Training offered by Checkered Door Inc. do you certify that this training is an appropriate means to assist this individual in coping with the effects of his/her disability/disorder?

Yes

No

Signature of Health Care Professional

Date

CONSENT TO DISCLOSE PERSONAL HEALTH INFORMATION

I, _____ am applying to Social Development Training supplied by
Name of applicant (Please Print)

Checkered Door Inc. I hereby authorize _____ to disclose personal
Name of Health Care Professional (Please Print)

health information for the purpose of determining my suitability for training.

Signature of Applicant

Date