

## What is Adaptive Skills Training (AST)?

Adaptive Skills Training (AST) is a program designed to enhance the skills necessary for individuals with a developmental disability to communicate and function socially—at home, school, work, and other community environments.

Adaptive Skills Training is a one-to-one instructional program developed for persons who are a minimum of 13-years old and wish to gain functional skills while meeting measurable goals and objections.

## Do I have to live on my own to receive Adaptive Skills Training?

No—AST is designed for minors at least 13-years old who live with a parent or guardian or adults who desire to remain at home with their family but wish to increase their knowledge and skill level to allow for more independence.

## AST services include—

- One-to-one support and instruction by experienced support staff, using verbal and written cues and prompts to attain personal goals and objectives of each consumer's Individual Service Plan (ISP).
- Development and implementation of an Individual Service Plan—providing for documentation and acquisition of measurable goals and objectives—promoting complete independence and empowerment.

## Why have an Adaptive Skills Training assessment completed?

If you have a developmental disability and wish to participate in AST—which is designed to increase your daily living skills—then completion of this assessment is highly encouraged. The regional center defines a developmental disability as a disability attributable to mental retardation, epilepsy, autism, or cerebral palsy, or a disabling condition determined to be closely related to mental retardation or to require treatment similar to that required for individuals with mental retardation. The information gathered through this process will be used to identify deficits in specific daily living skills.

In AST, you will receive direct instruction and other supports, such as prompts and easy reminder techniques, to ensure deficits in certain areas don't become barriers or roadblocks to skill acquisition or to your quality of life. To encourage your active involvement, you will be included in the decision making process—helping to choose the acquired skill and selecting the activity.

Your ability to function independently in all facets of daily living is the #1 goal of the AST program. You will receive real-life skills training in personal hygiene/grooming habits, dressing, safe food handling, money management, development of social skills, home maintenance, time management, work skills, and personal responsibility. You will have the opportunity to receive the AST program in the privacy of your home or out in the community—as you see fit.



## Who participates in the Adaptive Skills Training assessment?

At the time the Adaptive Skills Training assessment is completed, you and your circle-of-support will be encouraged to participate. You have the absolute right to contribute to the overall content of your assessment and to the goals and objectives of your plan. Your circle-of-support may include siblings and other family members, job coaches, teachers, regional center staff, or adaptive skills training staff. These people have had an opportunity to observe you in a variety of home settings and possess information crucial and relevant to the development of training goals and objectives. Our experienced evaluators spend hours with each individual and their circle-of-support to devise an assessment of needs and objectives to develop a personalized Individual Service Plan. We work in partnership with you to promote choice and empowerment.

**Other areas the Adaptive Skills Training assessment will measure:**

**AST developmental areas include—**

- **Social Development**—program instructs individual to engage in social activities—having awareness of the personal feelings of others.
- **Home Maintenance**—acquire skills in laundry, kitchen, living areas, and other household chores, as well as bathroom cleanliness.
- **Communication**—individual receives verbal cues, prompts, and instruction to interact with others—in person, on the phone, and in written form.
- **Mobility**—general street safety and detailed instruction in the use of public transportation—including bus lines and alternate modes of transportation.
- **Health Care Maintenance**—promotes awareness of exercise and nutrition for good overall health.
- **Safety Awareness**—community and home safety—targeting skills in the use of 911, essential emergency home safety preparation, and protocols to recognize and avoid dangerous situations.
- **Personal Care**—instructions in personal hygiene and self-help care—including care in choice of appropriate clothing, ability to dress, and appropriate self-grooming techniques.

**Who do I call if I want to participate in Adaptive Skills Training?**

Your questions about Adaptive Skills Training are important to our company. We value your opinion and thank you for your interest in our program. You may obtain information about our program by contacting your regional center service coordinator or by contacting us directly at the following offices:

Corporate Office  
Solutions Plus Services, Inc.  
8407 State Street  
South Gate, CA 90280  
Phone: (323) 564-6446  
Fax: (323) 564-7447

Whittier Office  
Solutions Plus Services, Inc.  
13305 E. Penn St., Suite 140  
Whittier, CA 90602  
Phone: (562) 693-2224  
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**SOLUTIONS PLUS  
SERVICES, INC.**



**ADAPTIVE  
SKILLS  
TRAINING  
—AST—  
Vendor #PE2122**

“Our mission is to facilitate instruction to individuals with deficits in adaptive skills, through development and acquisition of specific and measurable goals—to attain knowledge and self-confidence, while gaining a higher level of independence in the home or within the community.”