

Notes
Tele Program: Setting Your Sight on the Future
Week 7– Building Your Foundation
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Building Blocks : Education, Skills, Community Involvement, Purposeful Work

- Education – Formal and Informal educational experience
- Skills – Formal skills from education, daily living skills, social skills
- Community Involvement – Get involved with local community organizations like church, neighborhood councils, recreation programs, etc
- Purposeful Work – Paid or unpaid scheduled time. Employment and volunteering.

Soft Skills are sometimes called Social Skills.

Social behavior can be one on one or in a group. These skills are very important for purposeful work and employment and also in developing friendships. There are books on social skills and ways to practice becoming more socially aware. Recent research shows that people with Spina Bifida may have a non-verbal learning disability (NVLD) which may make social skills more difficult.

Group suggestions:

- Ask someone close to you if they think it is an issue. Practice conversations and breaking into discussions.
- Get involved with community groups to increase your circle of acquaintances and practice social encounters.

Create a Vision and make a Plan:

It is important to write it down and post it where you can see what you want to accomplish.

Needs and Wants:

- Needs are vital and must be on your radar screen.
- Plan for your needs and set goals for your wants.
- Example: Plan for keeping healthy, plan for personal care, plan for emergencies.
- Set goals for recreation and activities, exercise, learning new things.

Pro-Active Strategy for Making Decisions:

- Identify the problem
- Specify the objectives
- Create alternatives
- Understand the consequences
- Weigh the trade-off

SPINA BIFIDA

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YogaUniquelyYours.com with Sharon Byrnes, M.Ed., Registered Yoga Teacher Sharon will be posting videos of the chair yoga in May on her website. You can contact her for a free consultation. Email – winit710@aol.com or call 513-658-1952