

# Explorations in *Independent Living*

for Students who are Blind and/or Visually Impaired

**Who:** Students Who Are Blind/Visually Impaired ages 16-21

**Where:** Missouri School for the Blind (MSB)  
3815 Magnolia  
St. Louis, Missouri 63110

**When:** July 6– 29 2016 (18 days)

**What:** *Explorations in Independent Living* is an immersion program designed to introduce students who are blind or visually impaired to the skills and concepts necessary to live, work and play independently in the community in a supported, simulated 24-hour a day program. *Explorations in Independent Living* participants will live in the MSB Suites or LIFE Apartment, develop job skills and work or volunteer either on-campus or in the community, and participate in community-based leisure activities. During *Explorations in Independent Living* students will be introduced to VI friendly methods to plan and prepare their own meals, shop for groceries on a set budget, maintain their own clothing and living space, under the direction of and limited supervision from MSB staff. Students participate in four structured, supported sessions including:

- **Applied Academic Skills** (Education/Training) ~ During *Explorations in Independent Living* students will practice functional academic skills in the context of the work place, home or community. Applied Academics is an approach to learning which focuses on challenging students to connect what they learn in school with the world they experience. Topics will include: Banking Math, living on a budget, reading and organizing recipes etc.
- **Applied Activities of Daily Living** (Independent Living) ~ Applied Activities of Daily Living include skills and activities designed to increase independence in the home. During *Explorations in Independent Living* students participate in activities designed to facilitate increased independence in personal care, clothing management, personal food preparation, and household care and management.
- **Employment Skills Development**(Employment) ~ During *Explorations in Independent Living* students will develop workplace readiness skills and get experience by working or volunteering under the supervision of a Job Coach. During *Explorations in Independent Living* students will concentrate on developing job skills including communication, time management, managing the workplace social environment and maintaining a production rate. Students develop skills in the use of adaptive equipment and assistive technology in the workplace.
- **Leisure Recreation Skills**.(Expanded Core Curriculum for Blind/Visually Impaired) ~ During *Explorations in Independent Living* students will explore a wide variety of community activities, games and leisure pursuits. Adult life can be stressful and everyone needs activities that help them relax and relieve the stress. The *Explorations in Independent Living* focuses on helping students explore, plan and participate in recreational and leisure activities both independently and as part of the community.

**Costs:** *Free.* Transportation, activities, room and board are all provided *FREE* of charge.

**How:** Just complete the registration form found on the MSB website and return it to MSB by May 15, 2016.

If you have further questions or need additional information, please contact Joy Waddell, Assistant Superintendent at 314-776-4320 or via e-mail at [joyce.waddell@msb.dese.mo.gov](mailto:joyce.waddell@msb.dese.mo.gov)