

RECREATION AND LEISURE TIME SKILLS

II. USE OF LEISURE TIME IN THE COMMUNITY

Many skills in this section include tasks involving use of eating utensils and table manners; money concepts; and mobility in the community. Examples are *Uses silverware appropriately*, *Uses appropriate table manners*, *Pays cashier appropriately*, *Goes to restaurant independently*, *Goes to next destination independently*. These tasks are included in order to increase the comprehensiveness of a skill but they appear only as one-task entries (i.e. without analytical breakdown) because it is assumed a client in training in this section does not need *formal* training on them. This is *not* the section to use for formal training on eating skills and table manners, money concepts, or community mobility, and it is suggested that to use the section for this purpose would only complicate training and detract from the "main event." For formal training in these areas, use BASIC ADAPTIVE SKILLS PROGRAM: Section V. Eating Skills And Table Manners, COMMUNITY SKILLS PROGRAM: Section I. Basic Money Concepts And Shopping, and COMMUNITY SKILLS PROGRAM: Section V. Mobility In The Community.

Depending on a client's ability level and a given skill, the instructor may wish to consider the value of training the client to use only *one specific place* of community experience for the skill; for example, to train client to use one specific fast food restaurant (McDonald's in client's neighborhood) or one specific movie theater (the one along client's everyday bus route). *If this is necessary*, an entry is provided within applicable skills for instructor to indicate the specific place client is to go, and the instructor will need to write a new skill, using the tasks provided, if and when client is to receive training on an additional specific place (e.g. Wendy's Restaurant near habilitation facility, or a movie theater downtown). *If this is not necessary*, one and the same skill may be used for several places in the community appropriate to the skill (e.g. several different fast food restaurants or movie theaters).

405.1 CAFETERIA STYLE RESTAURANT

Name and location of cafeteria style restaurant client is to be trained to use:

- "What is a cafeteria style restaurant?" (Restaurant where food is displayed along counters, food is served by an employee, customer carries tray to table . . .)
- "How much money should you bring with you?" (Gives reasonable answer)
- Goes to cafeteria style restaurant independently ■ Takes place at end of line
- Picks up plate ■ Silverware ■ And napkin ■ Puts plate, silverware, and napkin on tray ■ Places tray on counter railing
- Indicates food choices to person serving ■ Choices are clearly expressed
- Selects a balanced meal ■ Selects an appropriate amount of food
- Has sufficient amount of money ■ Pays cashier appropriately
- Takes tray to table that has empty place ■ Takes tray to empty place at table
- If another person is at table: Asks person if seat is taken ■ And responds appropriately to person's answer
- Takes dishes, silverware, and napkin off tray ■ Puts tray in appropriate place ■ Stores personal belongings appropriately
- Uses silverware appropriately ■ Uses appropriate table manners ■ Behaves in socially acceptable manner
- Clears dishes, silverware, and napkin ■ And puts them in appropriate place(s) ■ Takes all personal belongings
- Goes to next destination independently

405.2 BUFFET STYLE RESTAURANT

Name and location of buffet style restaurant client is to be trained to use:

- "What is a buffet style restaurant?" (Restaurant where food is displayed along counters, you serve yourself . . .)
- "How much money should you bring with you?" (Gives reasonable answer)
- Goes to buffet style restaurant independently ■ Takes place at end of line
- Picks up plate ■ Silverware ■ And napkin ■ Puts plate, silverware, and napkin on tray ■ Places tray on counter railing
- Serves food appropriately ■ Selects a balanced meal ■ Serves an appropriate amount of food
- Has sufficient amount of money ■ Pays cashier appropriately
- Takes tray to table that has empty place ■ Takes tray to empty place at table
- If another person is at table: Asks person if seat is taken ■ And responds appropriately to person's answer
- Takes dishes, silverware, and napkin off tray ■ Puts tray in appropriate place ■ Stores personal belongings appropriately
- Uses silverware appropriately ■ Uses appropriate table manners ■ Behaves in socially acceptable manner
- Clears dishes, silverware, and napkin ■ And puts them in appropriate place(s) ■ Takes all personal belongings
- Goes to next destination independently

RECREATION AND LEISURE TIME SKILLS

II. USE OF LEISURE TIME IN THE COMMUNITY

PLEASE READ PAGE 405 BEFORE PROCEEDING

406.1 FAST FOOD RESTAURANT (Menu On Wall Only)

Name and location of fast food restaurant client is to be trained to use:

- "What is a fast food restaurant?" (Restaurant where you give your order to a cashier, food is prepared quickly . . .)
- "What is a menu?" (List of food a restaurant serves . . .)
- "How much money should you bring with you?" (Gives reasonable answer)
- Goes to fast food restaurant independently ■ Takes place at end of line ■ Locates menu on wall
- Orders food ■ Order is clearly expressed ■ Orders a balanced meal ■ Orders an appropriate amount of food
- Has sufficient amount of money ■ Pays cashier appropriately
- Waits for order in appropriate area ■ Picks up order promptly ■ Picks up silverware ■ Napkin ■ And tray
- Takes food to table that has empty place ■ Takes food to empty place at table
- If another person is at table: Asks person if seat is taken ■ And responds appropriately to person's answer
- Takes food, silverware, and napkin off tray ■ Puts tray in appropriate place ■ Stores personal belongings appropriately
- Uses silverware appropriately ■ Uses appropriate table manners ■ Behaves in socially acceptable manner
- Disposes of food containers and paper refuse ■ In appropriate place
- Clears dishes and silverware ■ And puts them in appropriate place(s) ■ Takes all personal belongings
- Goes to next destination independently

406.2 RESTAURANT (Individual Menus Provided)

Name and location of restaurant client is to be trained to use:

- "What is a menu?" (List of food a restaurant serves . . .)
- "What is a check?" (Your bill in a restaurant . . .) ■ "What does it mean to ask for separate checks?" (Request a separate bill be prepared for each person . . .)
- "What is a tip?" (Extra money you give waiter or waitress for good service . . .) ■ "Why don't you have to leave a tip?" (The service may not have been good, waiter or waitress may have been rude . . .) ■ "If you want to leave a tip, how much should you leave?" (Gives reasonable answer)
- "How much money should you bring with you?" (Gives reasonable answer)
- Goes to restaurant independently ■ Waits to be seated
- Gives name to host/hostess ■ Indicates number of people in party ■ Follows employee to table
- Stores personal belongings appropriately
- Locates menu ■ Indicates to waiter/waitress when ready to order ■ Indication is clearly expressed
- Orders food ■ Order is clearly expressed ■ Orders a balanced meal ■ Orders an appropriate amount of food
- Requests separate checks ■ Request is clearly expressed
- Uses silverware appropriately ■ Uses appropriate table manners ■ Behaves in socially acceptable manner
- If needs additional service: Gets waiter's/waitress' attention ■ Appropriately
- Requests check(s) when ready to leave
- Has sufficient amount of money ■ Leaves tip ■ Tip is of appropriate amount ■ Pays check appropriately
- Takes all personal belongings ■ Goes to next destination independently

406.3 GOING OUT TO LUNCH DURING LUNCH BREAK

Name and location of eating establishment client is to be trained to use:

- "Name a restaurant you could go to on your lunch break." (Names restaurant to which client could go, eat lunch, and return within sixty minutes)
- "If you are going out to lunch during lunch break, why is it important to leave on time?" (Must return on time, need sufficient time to eat . . .) ■ "Why is it important to return on time?" (Increase the probability of being allowed to go out again . . .)
- "How much money should you bring with you?" (Gives reasonable answer)
- Leaves promptly at beginning of lunch break ■ Goes to restaurant independently
- Orders lunch ■ Order is clearly expressed ■ Orders a balanced meal ■ Orders an appropriate amount of food
- Stores personal belongings appropriately
- Uses silverware appropriately ■ Uses appropriate table manners ■ Behaves in socially acceptable manner
- Has sufficient amount of money ■ Pays for lunch appropriately ■ Takes all personal belongings
- Returns to habilitation facility independently ■ And on time

RECREATION AND LEISURE TIME SKILLS

II. USE OF LEISURE TIME IN THE COMMUNITY

PLEASE READ PAGE 405 BEFORE PROCEEDING

407.1 TAVERN OR BAR

See HEALTH AND SENSORY-MOTOR SKILLS PROGRAM, skill 227.1, for formal training on the subject of alcohol.

Name and location of tavern or bar client is to be trained to use:

- "What is a tavern or bar?" (Place where alcoholic beverages are served . . .)
- "How old must a person be to go into a tavern or bar?":
- "What type of ID should you have to go into a tavern or bar?" (ID with proof of age . . .) ■ Client has ID with proof of age
- "What is a cover charge?" (Fee charged for entertainment or service . . .)
- "When you go to a tavern or bar, do you have to order an alcoholic beverage?" (No) ■ "Name a non-alcoholic beverage you could order." (Coffee, soft drink . . .)
- "How much money should you bring with you?" (Gives reasonable answer)
- Goes to tavern or bar independently ■ Shows appropriate ID upon request ■ Pays cover charge appropriately
- Stores personal belongings appropriately ■ Orders beverage ■ Order is clearly expressed
- Has sufficient money ■ Pays appropriately
- Behaves in socially acceptable manner ■ Takes all personal belongings ■ Goes to next destination independently

407.2 DANCING

Name and location of place client is to be trained to use for dancing:

- "Why do people dance?" (To relax, it's good exercise, meet new people, socialize . . .)
- "Name a place you could go to dance." (Bar or restaurant with dance floor, community center when it offers a dance . . .)
- "How much money should you bring with you?" (Gives reasonable answer)
- Independently goes out dancing ■ Pays cover charge or admission appropriately ■ Stores personal belongings appropriately
- Appropriately asks others to dance ■ Responds appropriately when asked to dance
- Dances appropriately (e.g. does not get in others' way, manner of dancing is appropriate for the situation . . .)
- Behaves in socially acceptable manner ■ Takes all personal belongings ■ Goes to next destination independently

407.3 MOVIES

Name and location of movie theater client is to be trained to use:

- "How can you find out which movies are playing?" (Look in the newspaper . . .)
- "How can you find out what time a movie begins?" (Look in the newspaper, call the theater . . .)
- "Why is it a good idea to arrive at a theater on time?" (So you'll see *all* the movie and better understand it . . .)
- "How long do most movies last?" (One-and-a-half to two hours . . .)
- "How much money should you bring with you?" (Gives reasonable answer)
- Selects a movie ■ Finds out what time movie begins
- Goes to theater independently ■ Arrives on time ■ Takes place at end of line
- Has sufficient amount of money ■ Purchases ticket appropriately ■ Gives ticket to attendant ■ Retains ticket stub
- Locates empty seat ■ If a person is in next seat: Asks person if empty seat is taken ■ And responds appropriately to person's answer
- Stores personal belongings appropriately ■ Behaves in socially acceptable manner
- Takes all personal belongings ■ Goes to next destination independently

407.4 ZOO

- "Why is it not a good idea to feed the zoo animals?" (Zoo feeds them, might eat something that is not good for them, might decide the giver is better fare . . .)
- "Why should you not touch the zoo animals?" (They are not tame or pets, they might bite you . . .)
- "How much money should you bring with you?" (Gives reasonable answer)
- Goes to zoo independently ■ Has sufficient amount of money ■ Pays admission appropriately ■ Obeys zoo rules
- Manages personal belongings appropriately ■ Behaves in socially acceptable manner
- Goes to next destination independently

RECREATION AND LEISURE TIME SKILLS

II. USE OF LEISURE TIME IN THE COMMUNITY

PLEASE READ PAGE 405 BEFORE PROCEEDING

408.1 SWIMMING

Name and location of public swimming pool client is to be trained to use:

- "What is a public swimming pool?" (Pool where anyone may swim . . .)
- "How can you find out where public pools are located?" (Call bureau of parks and recreation . . .)
- "Does it cost money to swim in a public pool?" ■ If yes, "How much does it cost?" (Gives reasonable answer)
- "What is a lifeguard?" (Person employed to protect swimmers from drowning . . .) ■ "Why is it a good idea to swim where there is a lifeguard on duty?" (It's safer . . .)
- "Why should you never swim alone?" (There would be no one to help you if you got in trouble, it's too dangerous . . .)
- "Why should you not go swimming immediately after eating?" (You could get cramps . . .) ■ "How long should you wait after eating before you go swimming?" (Thirty to sixty minutes)
- Goes to public swimming pool independently ■ Has sufficient amount of money ■ Pays admission appropriately
- Locates correct locker room ■ Uses locker room facilities appropriately ■ Obeys pool rules
- Behaves in socially acceptable manner ■ Takes all personal belongings ■ Goes to next destination independently

408.2 BOWLING

Name and location of bowling alley client is to be trained to use:

- "What equipment do you need to bowl?" (Bowling shoes and ball . . .)
- "What can you do if you don't have your own equipment?" (Rent it at the bowling alley . . .)
- "How much money should you bring with you?" (Gives reasonable answer)
- Goes to bowling alley independently ■ Has sufficient money ■ Rents shoes ■ Rents ball ■ Pays fees appropriately
- Stores personal belongings appropriately ■ Bowls according to rules ■ Keeps score ■ Correctly
- Displays good sportsmanship ■ Behaves in socially acceptable manner
- Returns rented equipment ■ Takes all personal belongings ■ Goes to next destination independently

408.3 POOL

Name and location of place client is to be trained to use for playing pool:

- "What are some places you could go to play pool?" (Community center, tavern, pool hall . . .)
- "How much money should you bring with you?" (Gives reasonable answer)
- Goes independently to play pool ■ Has sufficient amount of money ■ Pays fees appropriately
- Stores personal belongings appropriately ■ Plays pool according to rules ■ Keeps score ■ Correctly
- Displays good sportsmanship
- Behaves in socially acceptable manner ■ Takes all personal belongings ■ Goes to next destination independently

408.4 CONCERT

Name and location of place client is to be trained to use for attending concerts:

- "What is a concert?" (Public musical performance . . .)
- "How can you get information about scheduled concerts?" (Look in the newspaper, get on a mailing list . . .)
- "Does it cost money to go to a concert?" (Usually . . .) ■ "How much does a concert ticket cost?" (Gives reasonable answer)
- "Why are some tickets more expensive than others for the same concert?" (Better seats are more expensive . . .)
- "When can you purchase a concert ticket?" (In advance; at the door . . .)
- "Why is it a good idea to purchase a ticket in advance?" (Assured of having a seat, there's a better choice of seats . . .)
- "What could happen if you wait and purchase a ticket at the door?" (Performance might be sold out . . .)
- "If you purchase a ticket in advance, do you need to bring any money to the concert?" (Yes if you want a program, refreshments . . .)
- "How much money should you bring with you for a program and refreshments?" (Gives reasonable answer)

Purchasing ticket(s) in advance

- Goes independently to purchase ticket(s) ■ Has sufficient amount of money
- Requests desired ticket(s) ■ Request is clearly expressed
- Pays cashier appropriately ■ Goes to next destination independently
- Goes to concert independently

RECREATION AND LEISURE TIME SKILLS

II. USE OF LEISURE TIME IN THE COMMUNITY

PLEASE READ PAGE 405 BEFORE PROCEEDING

CONCERT (Cont.)

Purchasing ticket(s) at door

- Takes place at end of line ■ Has sufficient amount of money
- Requests desired ticket(s) ■ Request is clearly expressed ■ Pays cashier appropriately
- Gives ticket to attendant ■ Retains ticket stub ■ Locates correct seat ■ Stores personal belongings appropriately
- Behaves in socially acceptable manner ■ Takes all personal belongings ■ Goes to next destination independently

409.1 SPORTS EVENT: As Observer

Name and location of place client is to be trained to use for observing sports events:

Client is asked to name at least one type of sports event client enjoys watching and then is asked the questions selected for training.

- "Where can you go to see a (*name of sport*) game?" (Gives reasonable answer)
- "When is (*name of sport*) season?" (Gives reasonable answer, e.g. autumn for football)
- "How much does a ticket cost?" (Gives reasonable answer)
- Goes to sports event independently ■ Has sufficient amount of money ■ Purchases ticket appropriately
- Locates seat ■ Stores personal belongings appropriately ■ Behaves in socially acceptable manner
- Takes all personal belongings ■ Goes to next destination independently

409.2 SPORTS EVENT: As Participant

Client is asked to name at least one sport client enjoys playing and then is asked the questions selected for training.

- "What equipment do you need to play (*name of sport*)?" (Gives reasonable answer)
- "How many people do you need to play (*name of sport*)?" (Gives reasonable answer)
- "How could you find out about playing on a (*name of sport*) team?" (Call bureau of parks and recreation . . .)
- Goes to sports event independently ■ Brings necessary equipment ■ Stores personal belongings appropriately
- Plays according to rules ■ Displays good sportsmanship ■ Behaves in socially acceptable manner
- Takes all personal belongings ■ Goes to next destination independently

409.3 COMMUNITY CENTER

Name and location of community center client is to be trained to use:

- "What is a community center?" (Place that offers a variety of recreation and leisure-time activities . . .)
- "Name two things you can do at a community center." (Arts and crafts, sports, dance, socializing . . .)
- "How can you get information about activities at a community center?" (Call; ask to be put on mailing list . . .)
- Client is on community center mailing list
- Goes to community center independently
- If applicable: Has sufficient amount of money ■ Pays admission appropriately
- Stores personal belongings appropriately ■ Participates in community center activity ■ Participates appropriately
- If applicable, displays good sportsmanship
- Behaves in socially acceptable manner ■ Takes all personal belongings ■ Goes to next destination independently

409.4 LIBRARY

Name and location of library client is to be trained to use:

- "What is a library?" (Place from which you can borrow books, movies, records, paintings . . .)
- "What do you need before you can borrow library material?" (Library card)
- "How can you get a library card?" (Fill out application at library . . .)
- "If you can't find what you are looking for at the library, who can you ask for help?" (Librarian . . .)
- "How can you tell when library material is due to be returned?" (Check due date inside material . . .)
- "What will happen if you keep library material past the due date?" (Have to pay a fine . . .)
- "How much is the fine on overdue library materials?" (Gives reasonable answer)
- "What should you do if you lose library material?" (Report it to the library . . .)
- "What will happen if you lose library material?" (Have to pay for it . . .)

RECREATION AND LEISURE TIME SKILLS

II. USE OF LEISURE TIME IN THE COMMUNITY

PLEASE READ PAGE 405 BEFORE PROCEEDING

LIBRARY (Cont.)

- "Why isn't it a good idea to loan material you checked out from the library to another person?" (You are responsible for it . . .)
- "What should you do if you lose your library card?" (Report it to the library immediately . . .)
- Client has valid library card ■ Goes to library independently ■ Manages personal belongings appropriately
- Locates library material client wants to borrow
- If needs to request assistance from librarian: Requests assistance ■ Request is clearly expressed
- Behaves in socially acceptable manner ■ Checks out material ■ Appropriately
- Goes to next destination independently ■ Independently returns library material ■ On time

410.1 WINDOW SHOPPING

- "What is window shopping?" (Looking at items in store windows, browsing in stores . . .)
- "How much money should you bring with you?" (None unless you intend to buy something . . .)
- Goes window shopping independently ■ Behaves in socially acceptable manner ■ Goes to next destination independently

410.2 PICNICKING

- "What is a picnic?" (Meal eaten outdoors and away from home . . .)
- "Name someplace you could go for a picnic." (Gives reasonable answer)
- "Name two things, other than food, it is a good idea to take on a picnic." (Napkins, bottle opener, blanket to sit on . . .)
- Prepares meal for picnic ■ Meal is balanced
- Packs meal in appropriate container ■ Packs other needed items (e.g. napkins, bottle opener, paper plates)
- Goes picnicking independently ■ Manages personal belongings appropriately ■ Uses appropriate manners while eating
- Behaves in socially acceptable manner ■ Disposes of litter appropriately ■ Goes to next destination independently

410.3 BICYCLING

There is wide inter- and intrastate variation in legislation regarding bicycling. It is suggested local police be consulted before initiating training on this skill.

- "What safety equipment must you have when you go bicycling?" (Gives answer conforming to local laws):
- "What is a bicycle path?" (Road for bicycles only . . .)
- "What type of clothing is it a good idea to wear bicycling?" (Lightweight; clothing that covers your limbs . . .)
- "What type of shoes is it a good idea to wear bicycling?" (Lightweight, closed toe, non-slip sole . . .)
- Demonstrates hand signals: Left turn ■ Right turn ■ And stop
- Bicycles to destination independently ■ Obeys bicycle traffic laws ■ Bicycles to next destination independently

410.4 GOING FOR A WALK

- "Where can you go for a walk?" (Around the neighborhood, to a park . . .)
- "Why do people go for walks?" (To relax, enjoy fresh air, it's good exercise . . .)
- "What type of shoes is it a good idea to wear walking?" (Lightweight, comfortable . . .)
- Selects destination ■ Walks to destination independently ■ Obeys pedestrian traffic laws
- Walks to next destination independently (e.g. returns home)

410.5 CHURCH OR SYNAGOGUE

- "Why do people go to church (synagogue)?" (Pray, worship . . .) ■ "Do all people go to church (synagogue)?" (No)
- "What other activities besides worship services do some churches (synagogues) have?" (Dances, dinners, bingo games . . .)
- Goes to church (synagogue) independently ■ Stores personal belongings appropriately
- Behaves in socially acceptable manner ■ Takes all personal belongings ■ Goes to next destination independently

410.6 USING THE BUREAU OF PARKS AND RECREATION

- "What is the bureau of parks and recreation?" (Organizes recreation and leisure activities for the community . . .)
- "Name two activities you could participate in through the bureau of parks and recreation." (Sports, field trips, crafts, dances . . .)

RECREATION AND LEISURE TIME SKILLS

II. USE OF LEISURE TIME IN THE COMMUNITY

PLEASE READ PAGE 405 BEFORE PROCEEDING

USING THE BUREAU OF PARKS AND RECREATION (Cont.)

- "How can you find out what activities are available?" (Call; ask to be put on mailing list . . .)
- Client is on bureau of parks and recreation mailing list
- Selects bureau of parks and recreation activity in which to participate ■ Goes to activity independently
- If applicable: Has sufficient amount of money ■ Pays admission appropriately
- Stores personal belongings appropriately
- Participates in activity ■ Participates appropriately
- If applicable, displays good sportsmanship
- Behaves in socially acceptable manner ■ Takes all personal belongings ■ Goes to next destination independently

411.1 USING THE Y.M.C.A. — Y.W.C.A.

- "What does Y.M.C.A. stand for?" (Young Men's Christian Association) ■ "What does Y.W.C.A. stand for?" (Young Women's Christian Association)
- "Name two activities you could participate in through the Y.M.C.A. or Y.W.C.A." (Swimming, camping, physical fitness . . .)
- "Is the Y.M.C.A. for men only?" (Answers according to local policy): ■ "Is the Y.W.C.A. for women only?" (Answers according to local policy):
- "Do you have to be a member to use Y.M.C.A. facilities?" (Answers according to local policy): ■ "Do you have to be a member to use Y.W.C.A. facilities?" (Answers according to local policy):
- "How much does Y.M.C.A. membership cost?" (Gives reasonable answer) ■ "How much must a non-member pay to use Y.M.C.A. facilities?" (Gives reasonable answer)
- "How much does Y.W.C.A. membership cost?" (Gives reasonable answer) ■ "How much must a non-member pay to use Y.W.C.A. facilities?" (Gives reasonable answer)
- "How can you get information about Y.M.C.A. — Y.W.C.A. activities?" (Call; ask to be put on mailing list . . .)
- Client is on Y.M.C.A. — Y.W.C.A. mailing list
- Selects Y.M.C.A. or Y.W.C.A. activity in which to participate ■ Goes to activity independently
- If applicable: Has sufficient amount of money ■ Pays admission appropriately
- Stores personal belongings appropriately
- Participates in activity ■ Participates appropriately
- If applicable, displays good sportsmanship
- Behaves in socially acceptable manner ■ Takes all personal belongings ■ Goes to next destination independently

Notes: