



SKILLS PLUS

Help for stroke survivors

1840 Benton Street, Santa Clara, CA 95050

SKILLS PLUS PROGRAM MEDICAL REFERRAL

Patient's Name: _____ Today's Date: _____

Address: _____ City _____ Zip _____

I GIVE MY PERMISSION FOR MY PATIENT TO ENROLL IN SKILLS PLUS.

DIAGNOSIS: _____ DATE OF ONSET: _____

DESCRIPTION OF DISABILITY: _____

PERTINENT MEDICAL HISTORY: _____

(Is patient prone to seizures, angina, hypertension, etc?)

PHYSICIAN'S GOALS: _____

PRECAUTIONS AND LIMITATIONS: _____

B.P. _____ Diet Limitations: _____

PERTINENT DRUG THERAPY: _____

Physician's Signature

Date

Physician Name

Physician Telephone No.

and Address

Please Print

Educational definition for the physically handicapped: A serious impairment of locomotion or motor function, the impairment caused by crippling due to one or more of the following: Stroke, arthritis, arteriosclerosis, Parkinson's, muscular atrophy, muscular dystrophy, or severe cardiac impairment, congenital anomalies, birth injury, cerebral palsy, poliomyelitis, osteomyelitis, other health impairments.

Classes available are listed on the reverse side for your reference.

PLEASE MAIL THIS FORM OR FAX TO (408) 423-3580

PROGRAM FOR PHYSICALLY LIMITED ADULTS

Services available are listed below. The needs of the stroke survivor will be evaluated and a program developed to meet those needs within the scope of classes offered.

MOBILITY SKILLS

General fitness and flexibility exercises
Gait training/Progressive ambulation
Passive and resistive exercises
Endurance training

Social and recreation activities
Transfer training
Balance training
Strengthening exercise

INDEPENDENT LIVING SKILLS

Independent living skills
Home management including meal preparation and use of adapted equipment.
Social and recreation activities

Encouragement of increased use of affected extremities, including gross and fine motor coordination exercises.
Perpetual motor reinforcement
Adapted Activities/Perception

COMMUNICATION SKILLS

Re-education in:
Expressive language
Receptive language
Enunciation skills
Organizing and sequencing skills
Group conversation opportunities

Writing skills, computers
Oral reading and practice
Memory and listening skills
Pragmatic social skills
Social and recreational activities

CAREGIVER SKILLS

Problem solving
Referral sources
Self enhancement

Use and quality of time
Understanding of disability
Networking

Classes are held at Santa Clara Adult Education Center, 1840 Benton St, Santa Clara, CA 95050

Class times are:	Tuesday/Thursday	9:15 AM to 12:15 PM
	Wednesday/Friday	9:15 AM to 12:15 PM
	Tuesday/Thursday	1:00 PM to 4:00 PM

For further information, please call Becky Pestarino at (408) 423-3508