

# Life Skills and Social Integration of Differently Abled Persons

by Ceronne Prevatt

Life Skills Technical Consultant

[ceronne.prevatt@open.uwi.edu](mailto:ceronne.prevatt@open.uwi.edu)

[www.liberationeducation.com](http://www.liberationeducation.com)

[cprevattw@yahoo.com](mailto:cprevattw@yahoo.com)

*Towards Social Integration: Rights, Roles and  
Recognition of Persons with Disabilities:  
Sports, Skills and Access*

# Differently abled/ Disability

- Functional limitation
- not something that a person has but, instead, something that occurs outside
- Disability occurs in the interaction between a person, his or her functional ability, - and the environment.
- A person's environment can be the physical environment, communication environment, information environment, and social and policy environment.

(World Health Organization )

# Social Integration

- Bengt Nirje and the late Wolf Wolfensberger: concept of normalisation and social valorisation, with an emphasis on physical and social integration.
- Anders Gustavsson : physical integration, the common use of the term "integration", with social integration the struggle for "equality and quality in life."
- Social, community integration : opportunities for participation in schools, careers, homes, relationships, leisure, and a variety of interests and lifestyles.

My Intrinsic Qualities of all of us: I Am and You  
are



# Rights and roles of Disabled

The Convention on the Rights of Persons with Disabilities is an international human rights treaty of the United Nations intended to protect the rights and dignity of persons with disabilities.

# Guiding principles of the Convention

1. Respect for inherent dignity, individual [autonomy](#) including the freedom to make one's own choices, and independence of persons
2. [Non-discrimination](#)
3. Full and effective participation and [inclusion](#) in society
4. [Respect for difference](#) and acceptance of persons with disabilities as part of human diversity and humanity
5. [Equality of opportunity](#)
6. [Accessibility](#)
7. [Equality between men and women](#)
8. Respect for the [evolving capacities](#) of children with disabilities and respect for the right of children with disabilities to preserve their [identities](#).

# Life Skills Development for All

- a holistic way to develop the behavioural, emotional, social and communicative competencies
- so that the person is ready to take advantage of opportunities and gain happiness in family life, general society and the world of work.

# Gift of Listening

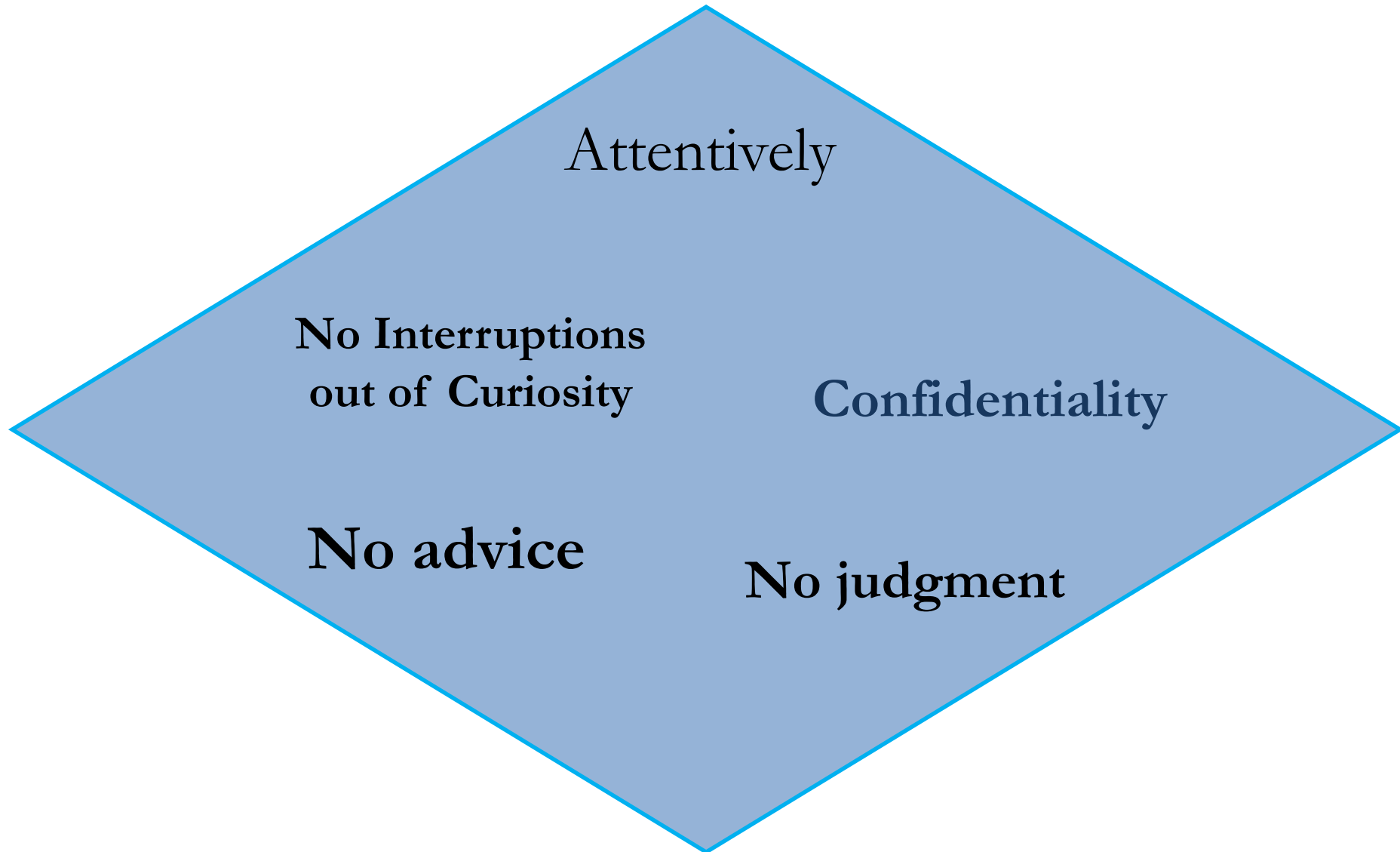
- Quietly and in pairs
- All of us are differently abled.
- Imagine you are, in a more obvious way than needing spectacles, and share what your feelings might be about being humiliated by a teacher or peer because you have a functional limitation in the communication and social environment.



My Intrinsic Qualities of all of us: I Am and You  
are



How would you like to be listened to in  
an affective encounter?



# How does the gift of listening work?

- A listens to B

A affirms B



- B listens to A

B affirms A

Affirm the other. Contradict the negative.

# Interview with Goodwill Industries student

- Enjoys learning technical- vocational skill, Welding
- Likes going there regularly and meeting others
- Would like to learn how to relate to persons his age and to make others quarrel with him less
- Hopes to work in someone's Welding shop eventually even if for no pay. He thinks his auntie knows someone.

# Suggested flexible Curriculum Draft to meet the diverse personal, learning and life choice needs of the differently abled

INTRAPERSONAL RELATIONSHIP SKILLS	INTERPERSONAL RELATIONSHIP SKILLS	COMMUNICATION & CONFLICT MANAGEMENT
SELF ESTEEM & SELF IMPROVEMENT	PARENTING	ANGER MANAGEMENT
GOAL SETTING	GENDER	CONFLICT MANAGEMENT
STRESS MANAGEMENT	CITIZENSHIP	MONEY MANAGEMENT

.

“Life Skills education is designed to facilitate the practice and reinforcement of psychosocial skills in a culturally and developmentally appropriate way. It contributes to the promotion of personal and social development, in the prevention of health and social problems, and the protection of human rights.”

UNESCO

# Research into Life Skills education by UNICEF & WHO

- strong theoretical grounding.
- the foundation for a life skills approach based on multiple theories of child and adolescent development, cognitive learning, and social influences.
- The knowledge, attitudes, and skills of Life Skills can help youth avoid problem behaviours and foster personal resiliency to counter risks and negative peer pressures.
- Competence in the use of life skills may reduce the chances of young people engaging in aggressive and anti-social behaviours, substance use, and related risks, including early and unprotected sexual intercourse.
- Life Skills prepare persons of different levels of abilities for life-long learning, health and social integration.

# Steps to Resolving Conflict

## - personal or as an advocate



- Create an effective mood.
- Seek the facts, feelings, values, perceptions and needs.
- Focus on individual and **shared needs**.
- Build shared **positive power**.
- Look to the **future** and then learn from the past.
- Create many options to choose from.
- Develop SMART doables.
- Make Mutual Benefit agreements.



# Interactive experiential Life Skills Practices

- Gift of listening
- Group work
- Play
- Problem solving
- Critical thinking
- Decision making
- Emotional intelligence
- Stress management
- Empathy
- Role play
- Modelling
- Story telling
- Case studies
- Self assessment
- Peer-supported learning
- Reflection



# Skills in Life Skills

- Problem solving
- Critical thinking
- Creative thinking
- Effective communication
- Decision making
- Emotional intelligence
- Stress management
- Negotiation skills
- assertiveness skills
- refusal skills
- healthy self management skills



# Exercise after session on Parenting

- Write and share 3 rules you as a differently abled person would have liked to give your parents and/or teachers and/or boss.  
(State your functional limitation)

# Anger Management

Everyone seems to be angry these days or trying something or being taken advantage of

-

- What strategies do you use when you feel yourself becoming angry because of stigma or discrimination?

# Participatory approaches

- Teachers and students welcomed the interactive, participatory approaches of HFLE/Life Skills.

(UNICEF 2009)

- But teacher turnover and many teachers assigned to HFLE/Life Skills have limited experience either with the content or pedagogy. Training vital now.

# Equality of opportunity from ECCE to Tertiary and in employment

Meeting the needs of the differently abled through

- human resource training in inclusive education,
- curriculum reform,
- a systematic method of identification and referral of children with disabilities and
- upgrading of school plants.

Cooperation with Government Ministries and NGOs important

# Life Skills in educational institutions

- It is in theory available to persons in primary school, secondary school as HFLE Health and Family Life Education, a Life Skills subject, and
- in out-of-school youth and tertiary education as Life Skills.
- It is not being offered as yet even in theory to persons with disabilities in vocational spaces for the differently abled.

.

# **Diploma in the Teaching of Life Skills with Literacy**

## **UWI Open Campus, St. Augustine**

The Diploma consists of ten (10) courses (3 credits)

Part time over one year - GATE approved:

- Intrapersonal Relationship Skills Level 1 and 2
- Interpersonal Relationship Skills Level 1 and 2
- Communication and Conflict management Level 1 and 2
- Financial Life Skills Level 1
- Employment Skills Level 1 and 2
- Managing the Environment Level 1



# ***Intrapersonal Relationship Skills***

- *Understanding Self: Self Esteem and Self Improvement*- Social, Physical, Intellectual, Cultural, Emotional, Ancestral, Spiritual
- Values Clarification & Goal Setting and Time Management
- Wellness and Self Care: Nutrition & Fitness
- Stress Management
- *Drug education*
- Heritage and Family Tree

# ***Interpersonal Relationship Skills***

- Child Development & Parenting
- *Gender & Relationships*
- Human Sexuality & Sexual Health
- Citizenship – Patriotism, Maintaining Good Interpersonal Relationships in the Community
- Leadership & Team building

# ***Communication and Conflict Management***

- Process, Forms and Barriers
- The Gift of Listening, Emotions & Active Listening
- *Anger Management*
- *Conflict Resolution*
- Mediation and Peer Mediators
- Public Speaking – Impromptu & Planned

# ***Financial Life Skills***

- *Money Management*
- *Saving and Investment*
- *Entrepreneurship*

- Thank you for listening, and going on this journey with us towards Social Integration of Differently Abled Person through the development of Life skills of us all.

Recommended reading:

- Life Skills Training A Critical Reflective Approach.  
by Ceronne Prevatt and Dianne Prevatt-Hyles  
(2012)  
Xlibris Publishers. ISBN: 978-1-4691-6086-3

I thank you

Advocates for Social Integration of the  
Differently -Abled

Ceronne Prevatt (4948650)  
Course Coordinator ( cprevattw@yahoo.com)  
Diploma in the Teaching of Life Skills with  
Literacy  
UWI Open Campus  
Open Campus Registration for 2015/6 course  
begins in May 2015

.

# **Diploma in the Teaching of Life Skills with Literacy**

## **UWI Open Campus, St. Augustine**

The Diploma consists of ten (10) courses (3 credits)

Part time over one year - GATE approved:

- Intrapersonal Relationship Skills Level 1 and 2
- Interpersonal Relationship Skills Level 1 and 2
- Communication and Conflict management Level 1 and 2
- Financial Life Skills Level 1
- Employment Skills Level 1 and 2
- Managing the Environment Level 1

# Bibliography

- Harris Phillips. Life Skills and learning Centres. (2013)
- V. Chriest and A. Maher. Social Skills on Pinterest (2001)
- Jim Loehr. The Power of Full Engagement. ( 2009)
- J. Jones. Life Skills Education for Children and Adolescents. (1994) WHO, Geneva.
- Prevatt C. and Prevatt D. Life Skills Training. A Critical Reflective Approach. (2012) Xlibris.
- Matthew Kelly . Off Balance. ( 2011)
- Oswego County Unit. Step by step Wellness Program to offer Life Skills workshops. (2013)
- Roger Merrill. Life Matters. (2004)
- UNESCO meeting. Life Skills Education. (1998)



# TT Reading Association & International Professional Life Skills Association



The Professional Centre Fitzblackman Drive South  
Port of Spain  
Trinidad and Tobago  
Meetings held every third Saturday 10 – 12 with a  
mini workshop.  
868-763-9479; 373 – 9789 or 868 - 494 -8650













