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Stepping Out is initiated in the classroom where many pre-outing activities are rehearsed, but quickly progresses to the community where students will eventually live their lives.



# **Stepping Out:** A community-based instruction curriculum

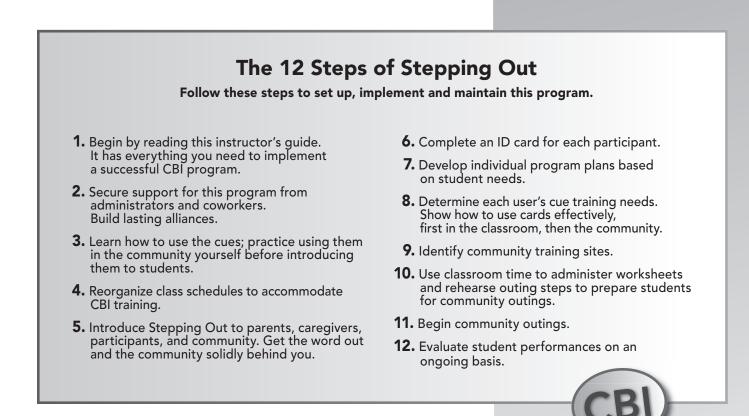
**Stepping Out** presents a complete and comprehensive community-based instruction (CBI) curriculum. While the programmatic approach is designed to initiate pre-outing activities and rehearsals in the classroom, its focus is to take instruction out of school and into the community. Materials included with the Stepping Out program allow you to both rehearse in the classroom and take students into the community.

The range of life skills covered in this curriculum extends from simple and basic, such as using a public restroom, to more complex, like banking. Carefully designed and orchestrated outings have been selected on balance to cover the most common and vital areas, but by necessity can't include all community-based life skills a student will need. Blank outing sheets are included (pp. 52–55) for you to add outings that might apply to a specific student, and we strongly encourage you to do so. Also, look for creative community locations to practice multiple outings. As you immerse yourself in this curriculum, bear in mind that while 18 crucial everyday life skills are presented in great detail, you are also encouraged to add as many of your own as necessary.

Mastering multiple outings is a tall order because so many skills are needed to get by in the real world. Yet becoming truly independent means taking as much control as possible over the many areas of your life. The more skills users master, the easier their transition to independence. This is why Stepping Out was created: to cover everything from basic personal needs like hairstyling to such practical and more involved concerns as grocery shopping and using public transportation.

### Academic Skills Aren't Necessary

Stepping Out is based on the concept that people don't need academic skills to master basic life skills. People who can't tell time can learn to catch a bus. Individuals who can't read a telephone book can learn to make a phone call. Nonreaders can use Stepping Out, the nonverbal can use it, everyone can use it. And by using it, they will all learn to become successful in accessing community activities and resources.



### **Structured Classroom Planning and Rehearsals**

Since community outings require a lot of planning and resources, much of your work preparing students for outings will take place in the classroom. The key components to Stepping Out planning and rehearsals are **Cues** and **Worksheets** to help students train for and complete community outings. Every cue, worksheet, and outing provides detailed classroom activity instruction. Pick an outing to focus on and you will find that related cues and worksheets are suggested within the lesson. (See p. 13 for more details on classroom instruction.) Utilize these materials in the classroom and follow the outing rehearsal instructions before Stepping Out. You may want to copy associated worksheets, cues, and outing checklists and assemble and place them in a binder or folder so all your materials are ready when you need them.

#### **Community Outings**

After introducing cues and worksheets and rehearsing in the classroom, it's time to schedule outings, the most important component to the Stepping Out program.

One of your concerns in planning for and instructing during an outing is the relationship between development and generalization of skills. Some skill sets will generalize naturally, while others will be more difficult. Consider this when making site selections: Some places are the same from site to site, like McDonald's fast food restaurants. Others, however, like grocery stores, are very different everywhere you go, with aisle organization in a completely different order. Mastering multiple outings is a tall order because so many skills are needed to get by in the real world. Yet becoming truly independent means taking as much control as possible over the many areas of your life; the more skills users can master, the easier their transition to independence. Some skill sets will generalize naturally, while others will be more problematic. Consider this when you are making site selections: Some places are the same from site to site, like McDonald's. Others, like grocery stores, are different everywhere you go. Hence, the student's ability to generalize will be an important skill. Hence, the student's ability to generalize the location of needed grocery items will be paramount. As instructor, try to balance these two: introduce students to a variety of outing scenarios, some different and some similar, and stress those differences in your instruction. One way to do this, for example, would be to conduct two separate grocery store outings, choosing two stores with very different layouts. Emphasize the differences as well as the similarities to students.

# New Edition Updates and Enhancements

This new edition of the Stepping Out Instructor's Guide includes 18 outings covering a span of common life skills. These outings have been selected because they are critical for students to be able to master in pursuit of an independent post-high school life.

This enhanced edition has numerous updated areas. They include

- Reproducible forms that are more accessible, easier to use, and updated to conform to IDEA mandates;
- Better integration and organization of cues and worksheets into outing training;
- A PDF (portable document format) CD-ROM allowing you to print any page from this book in the quantities you need;
- Color cues that can be printed on a color printer from the PDF;
- Two complete sets of Stepping Out Cues, as well as two Attainment Pocket Books with the Stepping Out Curriculum (however, not if you ordered only the Stepping Out Instructor's Guide);
- TechnoTools recommendations and scripts provided within each outing and cue instruction page. See pp. 30–31 for more info on TechnoTools.



## **Stepping Out PDF CD**

Included with this manual is a CD-ROM containing two PDF files:

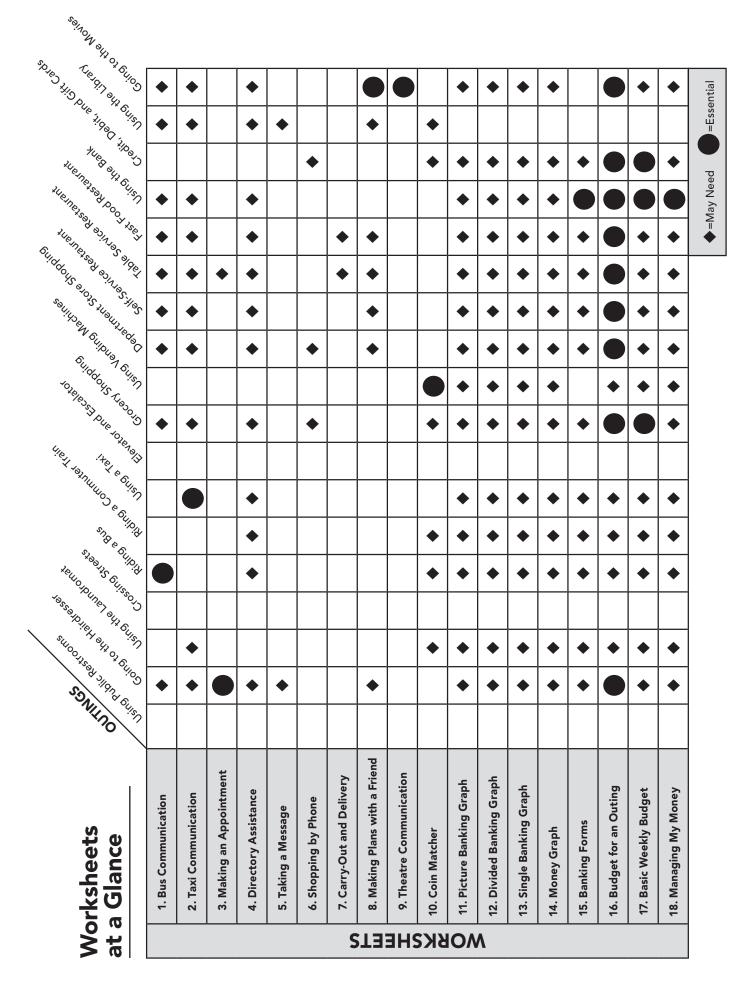
- **STEP\_OUT.pdf**—this book in its entirety
- **CUES.pdf**—a 19-page file in full color with complete instructions for printing most Stepping Out color cues

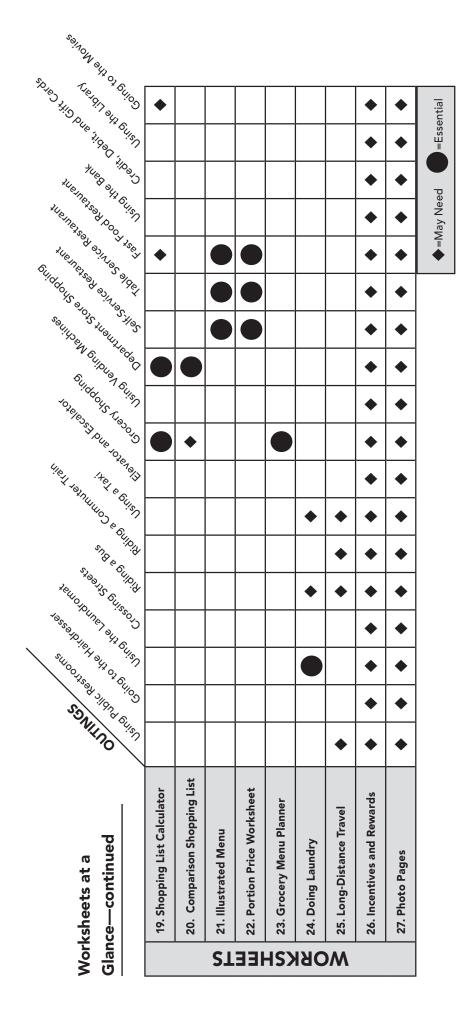
You need Adobe Reader (also provided on the CD-ROM) installed on your computer (Mac or Windows) to access these files. Open the PDF file in Reader and print any page of this book or any cue in the quantity you need.

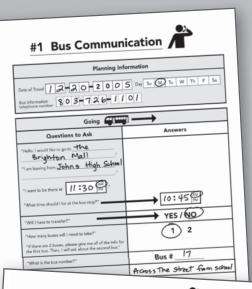
See pp. 38–39 for more instructions and ideas to individualize worksheets and cues.

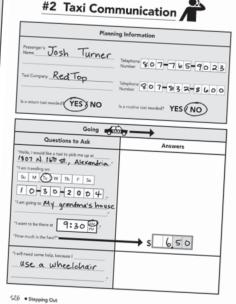
# Home Questionnaire

Student's Name Parent or Guardian	
1. Does s/he need assistance to wake up on time?	12. Do you and your son/daughter eat in restaurants?
No Occasionally Often Always	No Occasionally Often
2. Does s/he pick out own clothes and dress self?	13. Do you and your son/daughter travel by
No Occasionally Often Always	public transportation? No Occasionally Often
3. Does s/he attend to bathroom needs independently?	No Occasionally Often
No Occasionally Often Always	<b>14. Is a park or recreation center nearby?</b> YES NO
4. Does s/he take own medication, if applicable?	15. Are any of these establishments within walking
No Occasionally Often Always	distance? (please circle)
5. Does s/he prepare own breakfast? No Occasionally Often Always	hairdresser/barber bank bus stop movie theater drug store grocery store department store fast food restaurant
	a. Does s/he go shopping with you?
6. Does s/he help with these household chores?         a. Laundry       YES       NO         b. Clean own room       YES       NO         c. Assist with meal preparation       YES       NO         d. Clean house (dust/vacuum)       YES       NO         e. Other	No Occasionally Often Always b. Does s/he go shopping alone? No Occasionally Often Always
7. Does s/he have an allowance? YES NO	16. What kind of activities does s/he engage in after school?
8. Does s/he cross neighborhood streets unassisted? No Occasionally Often Always	17. Does s/he travel independently?
No occasionally often Always	No Occasionally Often Always
9. Does s/he have own bank account? YES NO	a. If so, to what activities?
If so, what type <u>?</u>	
10. Do you have a computer at home YES NO your son/daughter can use?	18. Can you suggest important community skills for your son/daughter to learn and practice?
11. Does s/he converse on the telephone?	
No Occasionally Often	











# Telephone Communication

## **Purpose**

To help students obtain and give appropriate information over the telephone.

## **Worksheets**

- 1—Bus Communication, p. 123
- 2-Taxi Communication, p. 126
- 3—Making an Appointment, p. 128
- 4—Directory Assistance, p. 130
- 5—Taking a Message, p. 131
- 6—Shopping by Phone, p. 132
- 7—Carry-Out and Delivery, p. 134
- 8—Making Plans with a Friend, p. 136
- 9—Theater Communication, p. 137

## **Features**

- All communication worksheets guide users through the essential components of successful telephone communications when delivering or seeking specific information. All forms progress through "Planning Information" and "Questions to Ask" to "Answers," plus give space for additional information students may need during the communication.
- All forms have shaded areas on the left side and top. The top portion, Planning Info, must be completed **before** the call is made and can be completed by the student and/or the teacher. Students will need this personalized info to communicate during the call.
- Shaded areas, Questions to Ask, contain questions that students or teachers complete before the call and are asked by the student during the call.
- White areas provide spaces for students to record the information they've gathered during the call.

## **General Materials**

- Copies of the specific worksheet
- Index card/guide paper to focus attention
- ID Card for personal information
- Pencil
- Tape recorder, other TechnoTools
- Refer to Telephone Cue instructions and activities

### **Materials for Specific Worksheets**

- Bus Communication—Bus Cue, telephone number for bus information
- Taxi Communication—Taxi Cue, telephone number for local taxi company
- Making an Appointment—Phone Cue completed with doctor's number, Calendar Cue, insurance card
- **Directory Assistance**—Blank Telephone Cue, Directory Assistance/Emergency Cue
- Taking a Message—Blank Telephone Cues
- Ordering Items—Telephone Cue, Yellow Pages, catalogs, credit card, calculator (optional), completed Telephone Cue (including address) of friend or relative if ordering for them
- Carry-Out and Delivery—Carry-out menus, credit card info
- **Theater Communication**—Telephone numbers of movie theaters or other theaters. Note: This worksheet may need to be modified for automated answering.

## **Teaching Activities**

- 1. The most important preparation is for you, the teacher, to practice using the forms first, then alter them to reflect your local businesses and services.
- 2. Choose purposeful activities to practice using these worksheets. Use them to help plan for an in-school pizza party, to buy items from a catalog to use in school or the community (crafts, clothes, presents), to obtain the phone number of a recreational center or store, etc.
- 3. The Making an Appointment worksheet may be more appropriate for older users. You can modify this for younger students who can make an appointment with a teacher.
- 4. If students can't complete the written information, then fill in the items needed for them. Use TechnoTools to help students learn how to respond to questions.
- 5. Students complete personal data and then save information onto a computer or photocopy it so it can be pasted onto the forms as needed. Do the same for credit card information.

#3 Making of t	
#3 Making an Appo	
Planning Informa	
My Name Brittney Johnson Birth	10-20-1992
Number Number Address 1517 Wayland Ave.	
City_SacramentoStateCA	Zp Code 902.14
I am making an appointment to see Dr. Parke	
10- annual exam	
Address 1807 Elm St, Sacrame Telephone 704-820-9600	mto, CA 90214
Questions to Ask	
"Helio, I would like an appointment with	Answers
Dr. Rarker	appointment available on:
Descention of the solution of	The sa mber 29th
"Do you have anything	h date
#4 Direct	ory Assistance
128 • Stepping Our	
Dial Directory assistance:	Planning Information
1	OR 703-555-1212
Questions to Ask	Answers
"Helio, I would like the phone number for Name Dominos Pizz.	a
110 1100 1 1	The phone number is:
Address 1650 Lee then	r
City Arlington State VA Zp Code DR30	-5
"Thank you for your help."	
na a Linna Moss	
#5 Taking a Mess	
Planning Inform 1. Keep a tape recorder, pencil or pen and a pad of paper ha	
<ol> <li>Answer the phone when it rings.</li> <li>Press the record button on the tape recorder.</li> </ol>	
Questions to Ask	Answers
"Hello, Fredrick residence "Me	1 speak with Your Sister
(name of parson's residence or business) May Lhelp you?*	?*
"Who is calling, please?"	susie smith
"He/she can not come to the phone right now. Would you like to call back or leave a message?"	Call Back / Leave Message
If Leaving a N	106-529-8312
"What is your phone number?"	call me about
"What is your message?"	math homework
"Thank you. Goodbye."	Day of call Su M Tu W Th F Sa
	Worksheets • 1S1

#6 Shopping by Phone
Planning Information
Personal Information My Norro Julie Rickle Interform 603-856-2132 Address 1902 N. Virginia St City TaoS State NM 200 Code 22103
Shipping Information (if different from above) Name Address City State Zip Code City Code Cond type Vester MASTERCARD / AMERICAN EXPRESS / DISCOVER Account () 2 5 4 5 6 7 8 9 9 1 3 1 - 0 2 5 5 Earlie Cond Exploration Date 0 2 - 0 7 Name on card John Rickle Name Name of Stere/WeshardCanlog Land's End
#7 Carry-Out and Delivery
Planning Information My News Brad Parsons Tuberborn \$36 + 257 + 3700 Address 920 Howard La. Cry Tubsa Site OK 20 Code 55201 Cred Cod typ (VSA MASTERCARD / AMERICAN EXPRESS / DISCOVER Account [732 + 9651 + 0723] Cred Expiration Due 09 - 09 Name on card Brad Parsons Cred Expiration Due 09 - 09 Name on card Brad Parsons Cred Expiration Due 09 - 09 Name on card Brad Parsons Cred Expiration Due 09 - 09 Name on card Brad Parsons Name of Restaures Pizza Hut Telephone Number \$36 - 721 - 032 2 Cred Expiration Due 09 - 09 Name on card Brad Parsons Name of Restaures Pizza Hut Telephone Number \$36 - 721 - 032 2 Cred Expiration Due 09 - 09 Name on card Brad Parsons Cred Expiration Due 09 - 09 Name on card Brad Parsons Name of Restaures Pizza Hut Telephone Number \$36 - 721 - 032 2 Cred Expiration Due 09 - 09 Name on card Brad Parsons The statement of Restaures Pizza Hut Telephone Number \$36 - 721 - 032 2 Cred Expiration Due 09 - 09 Name on card Brad Parsons Cred Expiration Due 09 - 09 Name on card Brad Parsons Name of Restaures Pizza Hut Telephone Number \$36 - 721 - 032 2 Cred Expiration Due 09 - 09 Name on card Brad Parsons Cred Expiration Due 09 - 09 Name on card Brad Parsons Name of Restaures Pizza Hut Telephone Number \$56 - 728 - 726
#8 Making Plans with a Friend
Planning Information Name of Hand James Post Telephone Number (411492366381 Address 18 Walker Place Cry Queenstown Sinte TN 200 Code (63015 Email address jpost @ aol.com
Questions to Ask Answers
"Helio, this is <u>Todd</u>
$\begin{tabular}{lllllllllllllllllllllllllllllllllll$

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Meet you there?/ Pick you up / Pick me up



6. When appropriate, extend the lesson by using information from the worksheets to introduce budgeting concepts. Examples include the Shopping by Phone or the Carry-Out and Delivery worksheets.

Consider pasting a Money Graph onto these worksheets to help extend budget concepts. You can also add the **tip** and **tax** formulas to help students compute their own totals.

7. These worksheets help focus on useful skills. Some students' main goal might simply be basic communication—listening and answering. Others will benefit from more complex tasks, like completing written forms, to help them remember what they need to communicate. More advanced users will see the forms as an organizational tool, ensuring they cover everything they need to say in a phone conversation.

## Ways to Individualize Worksheet

- The worksheets are organized for students who can read. Insert picture cues to help students who have trouble reading.
- Program talkers with each question. The user presses a button, hears the prompt, and then repeats it into the phone.
- Users should inform their telephone conversation partner that they will be tape recording the conversation. Digital tape recorders can also be used (see Telephone Cue instructions).
- Fold worksheet or use card to block/guide to help students focus on one area of the form.
- Before printing out a worksheet, individualize for the situation and student; add or take out information, import information from other forms, cut up and make into flash cards.
- Number the order of communication steps to help students follow the correct sequence of questioning.
- For frequently used forms, make copies with completed information.

Plann	ing Information
Name of Theater Rivoli	
elephone number 632	1320
Questions to Ask	Answers
star Wars	"That movie is playing at:
ying on:	1:00
W M Tu W Th F Sa	4:40
1-30-2007	and 7:50 AM
w much are tickets?"	
	\$ 500 Matinee
	\$ 8 5 0 Evening Show
	\$ 5 0 0 Student Discourt
ke to ordertickets with my credit card.*	+
Card type: VISA MASTERCARD AN	MERICAN EXPRESS / DISCOVER
3216-8231-12	35-0255 Extra numbers (44
spiration Date 07-09 Name on car	John Truck

# #1 Bus Communication

Planning Information			
Date of Travel 2 0 Day Su M Tu W Th F Sa			
Bus Information Telephone Number			

Going	
Questions to Ask	Answers
"Hello, I would like to go to	
"I want to be there at • AM • PM ."	
"What time should I be at the bus stop?"	AM PM
"Will I have to transfer?"	YES / NO
"How many buses will I need to take?"	1 2
"If there are 2 buses, please give me all of the info for the first bus. Then, I will ask about the second bus."	
"What is the bus number?"	Bus #
"Where is the stop location?"	
"Where do I get off?"	
"How much is the fare?"	<b>→</b> \$
"How much is the handicap fare?"	<b>→</b> \$

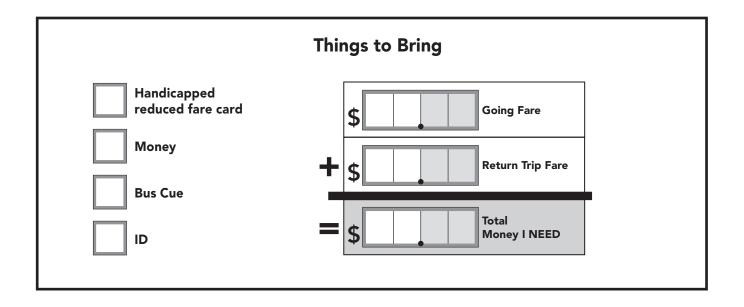
## **Bus Communication**

	Going	
	Questions to Ask	Answers
	"Where is the transfer bus stop location?"	
TRANSFER	"What time does it leave?"	• AM PM
TRA	"What is the bus number?"	Bus #
	"Where do I get off?"	

	Return Trip
"I want to return to"	
"I'd like to be back by • AM PM ."	
"What time should I be at the return bus stop?"	• AM • PM
"Will I have to transfer?"	YES / NO
"How many buses will I need to take?" "If there are 2 buses, please give me all of the info for the first bus. Then, I will ask about the second bus."	1 2
"What is the bus number?"	Bus #
"Where is the stop location?"	
"Where do I get off?"	
"How much is the fare?"	<b>→</b>
"How much is the handicap fare?"	→ \$

## **Bus Communication**

Return Trip		
	Questions to Ask	Answers
	"Where is the return transfer bus stop location?"	
TRANSFER	"What time does it leave?"	• AM • PM
TRA	"What is the bus number?"	Bus #
	"Where do I get off?"	
"Tha	ank You for your help."	





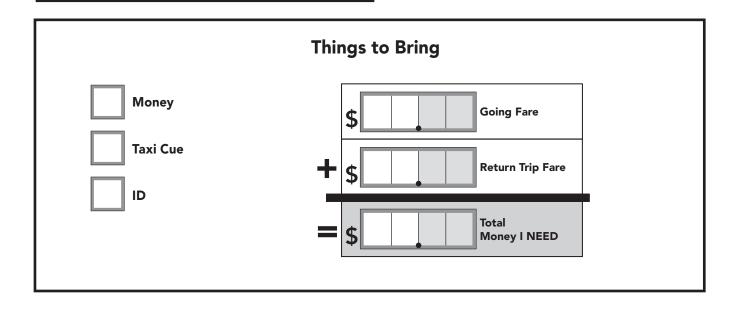
Planning Information		
Passenger's Name	Telephone Number	
Taxi Company	Telephone Number	
Is a return taxi needed? YES / NO	Is a routine taxi needed? <b>YES / NO</b>	

Going TAXI	
Questions to Ask	Answers
"Hello, I would like a taxi to pick me up at" " "I am traveling on: Su M Tu W Th F Sa	
"I am going to"	
"I want to be there at • AM PM ." "How much is the fare?"	<b>→</b> \$
"I will need some help, because I	

## Taxi Communication

TAXI	Return Trip
Questions to Ask	Answers
"Please pick me up again at • AM • PM	
so I can return to	
"How much is the fare?"	→ \$

TAXIO TAXIO Routin	e Trips
"I will need to make this trip every Su M Tu W Th F Sa ." "Can you help me arrange for this?"	
"Thank you for your help."	



# #3 Making an Appointment

Planning Information			
My Name	Date of Birth		
Telephone Number	Age		
Address			
City Sta	ate Zip Code		
I am making an appointment to see			
for			
Address			
Telephone			

Questions to Ask	Answers
"Hello, I would like an appointment with" "I would like to come on: Su M Tu W Th F Sa	"We have an appointment available on: Su M Tu W Th F Sa
" " month date "Do you have anything available for that day?"	" month date

Questions to Ask	Answers
"I would like the appointment at: AM PM . Do you have an opening?"	"We have appointment available at: AM PM ."
"I need an appointment because 	

For a doctor's appointment, refer to this additional information:	
"I am a patient of Dr OR	"
"I am a new patient and would like an appointment with Dr	
"My insurance is	"
"My policy number is	
"I have a referral from	"
"Thank you for your help."	

Things to Bring		
ID	Application	Resume
Insurance card	Other	