



ADAPTABILITIES

CREATING SUCCESS FOR LIFE

Annual Update
2022-2023

ABOUT ME

Please Note: Forms are in the first person.

Participant

Name: _____
First Name Middle Initial Last Name

Diagnosis: _____

Funder: _____ Caseworker: _____

Is a Guardianship Order in Place? ☐ YES ☐ NO

Is a Trusteeship Order in Place? ☐ YES ☐ NO

If yes, please provide a copy of the Order to AdaptAbilities.

Are you an independent adult? ☐ YES ☐ NO

If yes, please input your contact information under Guardian #1.

Guardian(s)

Guardian #1

Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Email*: _____

Guardian #2

Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Email*: _____

*Email addresses provided are used to create your Family Portal Account.

Address: _____

City: _____

Postal Code: _____

Preferred Contact Number:

☐ Home ☐ Work ☐ Cell

Address: _____

City: _____

Postal Code: _____

Preferred Contact Number:

☐ Home ☐ Work ☐ Cell

Check one of the following:

☐ Parent ☐ Permanent Guardian ☐ Temporary Guardian ☐ Social Worker

☐ Other: _____

Emergency Contacts (2- other than Parents/Guardians)

Name: _____

Relationship: _____

Cell Phone #: _____

Name: _____

Relationship: _____

Cell Phone #: _____

Home Phone #: _____

Home Phone #: _____

Work Phone #: _____

Work Phone #: _____

Relationships

Who is important in your life? (family, friends, natural and/or paid supports)

Social Interactions

Are you an introvert/extrovert? Comment on how you get along with others.

Sensory Needs

Touch, smell, oral-tactile, taste, visual, auditory, what are your sensory needs?

Strengths

What are your strengths, interests, talents, goals? What makes you GREAT?

Interests – Activities That Bring Joy/Meaning To Your Life

I enjoy: _____

I do NOT enjoy: _____

I would like to try: _____

Independence

Daily routine, decisions, choice and control, what do you want to do independently?

Communication

☐ Verbal ☐ Limited Language ☐ Non-Verbal

What is your means of communication? (i.e. iPad, pictures, stories, etc.)

☐ Device/Technology ☐ PICS ☐ ADL ☐ Signed English ☐ Other: _____

HOW TO SUPPORT ME

AdaptAbilities believes all behaviour is a form of communicating one's needs. Behaviours do not occur without a reason. The first step is getting to know the person.

Communicating My Needs

1. When you are upset, angry, afraid, frustrated, confused, or sad, you react by:
(consider environment – home, school, and/or in community):

☐ None ☐ Swearing ☐ Hitting ☐ Biting ☐ Kicking ☐ Refusal ☐ Hair Pulling

Explain:

What is the frequency, duration, and intensity?

2. When you are upset, or start to get upset, you communicate by:

☐ None ☐ Crying ☐ Withdrawal ☐ Refusal ☐ Yelling ☐ Pouting
☐ Swearing ☐ Screaming ☐ Self-Harm ☐ Aggression ☐ Faking Injury/Illness

Explain:

Are there trigger and/or warning signs?

3. A successful environment for you looks like: (i.e. away from loud noises, less crowded, etc.)

4. When you are getting frustrated, it is best to support you by:

☐ Quiet Time ☐ My Own Space ☐ Go for Walk ☐ Counting ☐ Redirection
☐ Verbal Reminder

Explain:

5. Are there any other issues you believe we should be aware of?

Level of Support

Flight Risk: ☐ YES ☐ NO

If yes, please explain: _____

I require a lifejacket while swimming? ☐ YES ☐ NO

Swimming Notes: _____

School Information (if applicable)

School: _____ Program: _____ Grade Level: _____

Number of Students in Class: _____ Teacher plus _____ Educational Assistant(s)

Do you have 1:1 support while in school? ☐ YES ☐ NO

Adaptive Equipment

☐ N/A ☐ Manual Wheelchair ☐ Electric Wheelchair ☐ Walker ☐ Crutches

☐ Glasses ☐ Helmet ☐ Other: _____

Personal/Self-Care

What are your personal/self-care needs?

☐ None ☐ Eating ☐ Drinking ☐ Dressing ☐ Toileting ☐ Diapers ☐ Menstrual Care

Please Explain: _____

Transfer Assistance

☐ None ☐ One Person (Partially Dependent) ☐ One Person (Fully Dependent)

STRENGTH AND GOALS

Fill out **ONLY** if you are 17 years or younger.

Participant's Name: _____ Date: _____

We like to focus on personal development, starting with skills and strengths of each person. List your strengths (i.e. social, recreation, communication, gross/fine motor skills, etc.)

AdaptAbilities focuses on "Creating Success - For Life" and integrates three components into our day: Essential Life Skills, Expressive Arts, and Recreation and Motor Development.

Goals

Choose three goals from each component, numbering 1, 2, and 3, with 1 being your highest priority.

1. Essential Life Skills – skills used in everyday social activities such as:

- | | |
|--|--|
| <input type="checkbox"/> Focus on task | <input type="checkbox"/> Respecting space and boundaries |
| <input type="checkbox"/> Increase attention span | <input type="checkbox"/> Borrowing versus taking |
| <input type="checkbox"/> Improve communication | <input type="checkbox"/> Taking turns and sharing |
| <input type="checkbox"/> Manners | <input type="checkbox"/> Proper food choices, healthy snacks |
| <input type="checkbox"/> Problem solving | <input type="checkbox"/> Telling time |
| <input type="checkbox"/> Anger management | <input type="checkbox"/> Money |
| <input type="checkbox"/> Following instructions | <input type="checkbox"/> Counting |
| <input type="checkbox"/> Adapting to change | <input type="checkbox"/> Increasing independence i.e. dressing |
| <input type="checkbox"/> Making choices | |

Other: _____

2. Expressive Arts: activities that encourage expression and creativity, such as:

- | | |
|---|--|
| <input type="checkbox"/> Drawing | <input type="checkbox"/> Building and creating |
| <input type="checkbox"/> Painting | <input type="checkbox"/> Singing and/or music |
| <input type="checkbox"/> Drama and theatre sports | <input type="checkbox"/> Increased interest in various art forms |
| <input type="checkbox"/> Express feelings through art | <input type="checkbox"/> Increase communication through art |

Other: _____

3. Recreation and Motor Development – leisure activities and fine/gross motor skills, such as:

- | | |
|---|---|
| <input type="checkbox"/> Running and/or jumping | <input type="checkbox"/> Improved coordination |
| <input type="checkbox"/> Throwing and/or catching | <input type="checkbox"/> Playground skills |
| <input type="checkbox"/> Swimming and/or bowling | <input type="checkbox"/> Playing games with others |
| <input type="checkbox"/> Climbing and/or swinging | <input type="checkbox"/> Interest in active living activities |
| <input type="checkbox"/> Improved balance | <input type="checkbox"/> Printing |
| <input type="checkbox"/> Sensory activities (specify below) | <input type="checkbox"/> Colouring within the lines |

Other: _____

If you have any questions, or need some suggestions, feel free to call us at (780) 431-8446.

PERSONAL DEVELOPMENT

Fill out **ONLY** if you are 18 years or older.

Participant's Name: _____ Date: _____

AdaptAbilities focuses on the strengths and interests of our participants. A strength based approach has a simple premise – identify what is going well, do more of it, and build on it. Strengths are positive factors which support healthy development.

Strengths

I am proud of the following work/volunteer/school experiences. I would like to continue to build on: (i.e. work experiences, previous employment, good at working with young children, strong organizational skills, etc.).

Meaningful Days

I need the following to enjoy and bring meaning into my days: (i.e. taking care of my home, physical activity, volunteering, morning coffee, time with friends/family, paid employment, etc.).

Working On

I would like to work on the following areas to gain more independence: (i.e. self-care, cooking, taking transit, laundry, money management, etc.).

Personal Development

I am interested in the following learning opportunities to develop my skills: (i.e. art, computer, cooking, fitness, post-secondary, things I have never tried before, etc.).

PAR QUESTIONNAIRE

Physical Activity Readiness (PAR) Questionnaire

Circle yes/no and provide explanation as required.

1. Has your doctor ever said you have heart trouble? ☐ YES ☐ NO
2. Do you frequently suffer from pains in the heart of chest? ☐ YES ☐ NO
3. Do you often feel faint or have spells of dizziness? ☐ YES ☐ NO
4. Has your doctor ever said that you have high blood pressure? ☐ YES ☐ NO
5. Has your doctor ever told you that you have a bone or joint problem (i.e. arthritis) that has been or may be aggravated by exercise? ☐ YES ☐ NO
6. Do you have any perpetual/learning/motor delays? ☐ YES ☐ NO

If yes, please specify:

Signed this _____ day of _____, 20____, Edmonton Alberta

Individual/Guardian/Primary Contact Name

Individual/Guardian/Primary Contact Signature

Reviewed By: Employee Name

Employee Signature

MEDICAL

Physician(s)

1. Name: _____ Phone: _____

Address: _____

2. Name: _____ Phone: _____

Address: _____

Preferred Hospital: _____ Phone: _____

Alberta Health Care #: _____

Do you have health insurance? (i.e. Blue Cross) ☐ YES ☐ NO

In the case of an emergency, AdaptAbilities will ambulance.

N.B. Family is responsible for the full cost of the ambulance if not covered by insurance.

Medical Information

Allergies: _____

Reaction: _____

Recommended Treatment for Reaction(s): _____

Drug Allergies: _____

Reaction: _____

Recommended Treatment for Reaction(s): _____

Seizures: ☐ YES ☐ NO

Type: _____ Frequency: _____

Duration: _____ Date of last seizure: _____

Reaction

Before: _____ During: _____ After: _____

Diabetes: ☐ YES ☐ NO

Are you on insulin? ☐ YES ☐ NO

How often do you need to check your blood sugar levels?: _____

Do you need assistance? ☐ YES ☐ NO

Notes: _____

Communicable Disease: ☐ YES ☐ NO

If yes, state the diagnosis: _____

Sunscreen and Bug Spray

AdaptAbilities employees may apply sunscreen ☐ YES ☐ NO

AdaptAbilities employees may apply **bug spray** ☐ YES ☐ NO

Application notes: _____

Frequent Health Problems

Do you take any medication at home outside of programming hours?

If yes, please list the names of the medications and side effects:

Are you prone to any of the following?

- ☐ Fainting ☐ Asthma ☐ Respiratory Problems ☐ Heart Problems ☐ Dizziness
☐ Infections ☐ Headaches ☐ Migraines ☐ Low Blood Pressure ☐ Faking Illness
☐ High Blood Pressure

Please explain:

Are you **unable** to participate in physical activity for any reason?

What intensity of physical activity is reasonable for you?

- ☐ Light ☐ Moderate ☐ Heavy

Are there any other health concerns that you would like us to be aware of?

Special Dietary Needs

Do you use a G-Tube? ☐ YES ☐ NO

If yes, you must complete a G-Tube Care Sheet (request form from office).

Food Preparations:

- ☐ None ☐ Soft ☐ Diced ☐ Pureed ☐ Thickened Fluids

Notes: _____

May NOT consume the following:

- ☐ Dairy ☐ Sugar ☐ Gluten ☐ Eggs ☐ Nuts ☐

Other: _____

MEDICATION RELEASE

Participant Name: _____

Name of Parent/Guardian: _____

☐ **I DO NOT Take Medication** (signature required)

List medications administered by AdaptAbilities ONLY, including non-prescription, over-the-counter, and herbal remedies. All medications must have a pharmacy label.

Medication Name	Prescription?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Return to Family
Side Effects:	Time(s):		<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly
Instructions:	Dosage:		
Medication Name	Prescription?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Return to Family
Side Effects:	Time(s):		<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly
Instructions:	Dosage:		
Medication Name	Prescription?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Return to Family
Side Effects:	Time(s):		<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly
Instructions:	Dosage:		
Medication Name	Prescription?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Return to Family
Side Effects:	Time(s):		<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly
Instructions:	Dosage:		
Medication Name	Prescription?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Return to Family
Side Effects:	Time(s):		<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly
Instructions:	Dosage:		

Signed this _____ day of _____, 20____, Edmonton Alberta expiring August 31, 2023.

Individual/Guardian/Primary Contact Name

Individual/Guardian/Primary Contact Signature

Reviewed By: Employee Name

Employee Signature

TRANSPORTATION

AdaptAbilities does not provide transportation to access our centre programs.

If applicable, which transportation service do you use to access our programs?

School Age (School Bus)	Adult (DATS)
Bus Company: _____ Phone #: _____ Bus #: _____	DATS #: _____

PICKUP RELEASE

Persons not listed on the Pickup Release will be requested to provide a photo identification and will require authorization from a parent/guardian prior to release of the participant.

	Name (In Full)	Day/Date(s)	Notes
1.			
2.			
3.			

Individual/Parent/Guardian Waiver

All information provided is complete to the best of my knowledge. I have not withheld any information that will affect the care of the individual.

☐ I understand that I can change and update the information via the AdaptAbilities Family Portal at any time.

☐ I agree to be placed on the AdaptAbilities e-newsletter list to receive email notifications

Individual/Parent/Guardian Signature Date



ADAPTABILITIES

CREATING SUCCESS FOR LIFE

Consent Forms 2022-2023

All waivers must be signed

ASSUMPTION OF RISK

On behalf of _____, as parent/guardian, I

_____ understand that there are risks/dangers, which are inherent to each specific activity provided by Alberta AdaptAbilities Association. These risks include, but are not limited to, the loss of personal property, the possibility of physical injury to them or another participant, such as muscle strain, broken bone(s), concussion, soft tissue damage, infectious disease, etc., including the possible risk of severe or fatal injury.

Alberta AdaptAbilities Association strives to provide awareness of risks associated with each of the programs/activities it offers. As a parent/guardian, I understand that it is my responsibility to ascertain if there are any health conditions which make it inadvisable for participation in any Alberta AdaptAbilities Association program. I also understand that I am responsible for any medical treatment or costs which may occur because of their participation.

I, the parent/guardian remise, release, and forever discharge Alberta AdaptAbilities Association, its heirs, successors, executives, administrators, directors, officers, employees, students, insurers, agents, and assigns of and from any and all manner of actions, causes of action, suits, debts, costs, claims, damages, whatsoever arising out of or in consequence of any loss, injury, or damage of any kind sustained by child/adult in an Alberta AdaptAbilities Association program. In the event of an accident, I give permission for qualified Alberta AdaptAbilities Association employee to administer first aid and/or CPR, and/or accompany them in ambulance.

I understand that I will be responsible for the cost, in full of any transportation, to and from the hospital or location of treatment, including but not limited to ambulance transportation.

I understand that I or another emergency contact must be available to pick up the person named above immediately at any time during an AdaptAbilities program due to emergency situations, sickness, or behaviours.

I acknowledge that I have read and understood this agreement, that I understand, appreciate, and accept the risks associated with the participant in an Alberta AdaptAbilities Association program. As the parent/guardian, I consent for them to participate in Alberta AdaptAbilities Association programs from:

Signed this _____ day of _____, 20____, Edmonton, Alberta
expiring August 31, 2023.

Individual/Guardian/Primary Contact

Signature: Individual/Guardian/Primary Contact

Reviewed by: Employee Name

Employee Signature

PHOTO DISCLOSURE

On behalf of _____, as a parent/guardian, I

_____ understand that there are times when Alberta AdaptAbilities Association will take archival and/or promotional photos of the participants.

Alberta AdaptAbilities Association continues to be a leader in disability services within the City of Edmonton, and we strive to provide quality service to our families and the people who hire us.

To keep the legacy of our core purpose alive, and to further market our programs, we would like to promote successful experiences to prospective and current participants by displaying our people involved in meaningful days and purposeful support.

Please check the appropriate box for photo disclosure of pictures taken:

☐ YES

Photos may be used externally at the discretion of Alberta AdaptAbilities Association (i.e. website, social media, and advertising purposes)

☐ NO

I do not like photos taken. However, I understand that photos may be taken within Alberta AdaptAbilities Association programs, and there is a possibility that they will be situated within some photos. Alberta AdaptAbilities will not use their photo in any manner if this were to occur.

Signed this _____ day of _____, 20____, Edmonton Alberta.

Individual/Guardian/Primary Contact Name

Individual/Guardian/Primary Contact Signature

Reviewed By: Employee Name

Employee Signature

RELEASE OF INFORMATION

Authorization For The Release/Exchange Of Confidential Information

On behalf of _____, as parent/guardian, I

_____ hereby authorize the release and exchange of any information including personal information, which would otherwise by law be considered to be privileged and private information to/from/between the following agency(s), individual(s), and/or professional(s).

List Agency/Individual/Professional
<input checked="" type="checkbox"/> AdaptAbilities
<input type="checkbox"/> Funding Agency (Specify):
<input type="checkbox"/> School/Teacher (Specify):
<input type="checkbox"/> Social Worker (Specify):
<input type="checkbox"/> Other (Specify):
<input type="checkbox"/> Other (Specify):

<p>I choose not to authorize release of the following information, including:</p> <p>_____</p> <p>_____</p>

- ☐ I understand that I may revoke this consent at any time by doing so in writing.
- ☐ Any additional changes will require a new signature and corresponding date.

Signed this _____ day of _____, 20____, Edmonton, Alberta
 expiring August 31, 2023.

Individual/Guardian/Primary Contact

Signature: Individual/Guardian/Primary Contact

Reviewed by: Employee Name

Employee Signature