



Activities of Daily Living (ADL) Course

XRCVC announces a new batch of 'ACTIVITIES OF DAILY LIVING' to promote independent living skills, that enable persons with visual impairment to achieve an optimum level of independence. These include self-care skills like eating, dressing, bathing, toileting, and grooming. These also cover other skills such as home management, cleaning, shopping, laundry, money management, medication management, etc.

- **For whom?**

High school or college students, and adults with blindness or low vision.

- **Terms and Conditions for the Course:**

1. **100% attendance is expected.** (In case of health issues, sessions will be adjusted to accommodate everyone's availability.)
2. **Punctuality is expected.**
3. A deposit of Rs. 500/- will be charged at the time of registration. This amount will be returned along with a completion certificate which will be provided at the end of the course, subject to satisfactory attendance, good conduct, and conscientious work.
4. Photographs will be taken for reporting purposes to our funders. You will be informed before photographs are taken for the same purpose.

- **Following are the proposed dates:**

18th July, 2023 to 24th August, 2023

- **Resource Person:** Dr. Kasturi Kulkarni, Senior Consultant, Education, XRCVC

- **Proposed days and time of the week:**

Thrice a week: Tuesday (4-6 pm), Wednesday (2-4 pm) & Thursday (2-4 pm)

- **Venue:** XRCVC, St. Xavier's College, Mumbai

For more details/queries, please contact Dr. Kasturi Kulkarni at kasturi@xrcvc.org or call 022-35223298 (extn: 107) or 9833568360