

# A Family's Guide to Community-Based Instruction for Students with Disabilities

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# About This Teleconference

- Today's teleconference focuses on Community-Based Instruction (CBI) for students with disabilities and their family members' role in the creation and support of CBI programs.
- This training is geared toward families who have a child who has not yet participated in CBI, as well as families who have a child who has participated in CBI and want to see that experience expanded or improved.

# Agenda

1. Define Community-based Instruction (CBI)
2. Reasons for teaching in the community
3. Identify the children who benefit from CBI
4. Support for schools that provide CBI
5. Family members' role in supporting CBI

# Definition of Community-Based Instruction

Community-Based Instruction is sustained and repeated instruction that takes place in the community rather than in a school building

Sounds like a field trip, but...

CBI is not a  
field trip!!

CBI is sustained and  
repeated instruction;

A field trip is a one-shot  
experience.



# CBI is Not a Pilot Program

- CBI is a research-based practice to facilitate the transition to adult life for students with disabilities
- CBI provides “real life” opportunities to teach aspects of New Jersey’s Core Curriculum Content Standards (what all students should know and be able to do)

[www.nj.gov/education/cccs/](http://www.nj.gov/education/cccs/)

# How Does CBI Differ From Traditional Instructional Methods?

- Traditionally, students were provided with opportunities to learn “purely academic” content through classroom-based instruction.
- Students taught in classroom settings are expected to generalize learned skills to other “real-world” situations.

# How Does CBI Differ From Traditional Instructional Methods?

- CBI involves teaching individual and small groups of students academic and other content during activities that occur naturally in community settings.
- Student motivation is increased during CBI due to student involvement in “real life” activities of personal relevance.

# Focus on Quality and Coordination

- High quality CBI and in-school instruction need to be coordinated to reinforce student learning of academic and functional skills.

# CBI Areas include:

- Career awareness/exploration:
  - “**Hands-off**” activities such as observation and interview to learn about careers
  - “**Hands-on**” activities such as paid and non-paid work experience and volunteering to learn about careers (***Structured Learning Experiences***)

- Community living:

For example - using public transportation, eating at restaurants, using the library, shopping at retail stores, using the bank, doing laundry at laundromats, and participating in recreational and other leisure activities in the community

# At what age can my child participate in CBI?

<b>CBI Activity</b>	<b>Age</b>
Community living	Early Childhood through High School
“Hands-off” career activities	
“Hands-on” career activities <b>Structured Learning Experiences</b>	Age 16 through HS - Based on NJ Wage and Hour/Child Labor Laws and Regulations

# Child Labor/Wage and Hour Laws and Regulations

- Students under the age of 16 may not work (paid or unpaid) or volunteer during school hours.\*

\*Except when a theatrical employment permit has been issued

# Why teach in the community?

- The community is where students are expected to be able to function.
- The community provides authentic experiences that cannot adequately be replicated or simulated in school.
- Students' behavior, motivation, and learning improve during CBI.



**Simulated activities  
don't come close to  
the real thing!**



# Who needs CBI?

- Students who learn best through direct authentic experience rather than through simulation or abstract representation
- Students who have difficulty transferring knowledge and skills learned in one environment to another
- Students who lack motivation in school

# Can my child benefit from CBI if .....

- we expect him/her to go to college?
- he/she needs as much “classroom time” as possible to learn academics?
- he/she doesn’t learn anything from field trips?
- he/she has a history of problem behavior?
- he/she isn’t motivated to do anything?
- he/she already comes with us when we go shopping, to restaurants, to the movies, etc.?

# Does CBI remove my child from typical peers?

- CBI occurs in natural community environments which can and should provide ample opportunity for students to interact with typical peers such as coworkers and supervisors on a job, shoppers in a store, members of a gym, patrons of a library, customers of a bank, post office, etc. and the people who work in these places
- Depending on a child's need, CBI can also include instruction on social, communication, and behavior skills

If my child needs to start receiving CBI, or needs to expand what he or she is already doing in CBI...

- Discuss your child's need for CBI with your child's case manager and teachers
- CBI needs to be specified in your child's Individualized Education Program (IEP)

# Training and Support for School Staff

- NJDOE, OSEP in collaboration with the Elizabeth M. Boggs Center will be offering in-service training for school staff during the next three years on the following CBI topics:
  - **Introduction to CBI**
  - **Using CBI to Teach Social Skills**
  - **Job Development**
  - **Job Coach Trainings**
  - **Supporting Job Coaches**
  - **CBI for Students with Severe Disabilities**
  - **Management and Supervision of CBI Programs**

When creating or expanding CBI, family members can collaborate by....

- Sharing knowledge of your child's strengths, interests, preferences, and needs related to life in the community
- Sharing knowledge of your community
- Sharing personal connections to community members and employers

# Questions to Consider

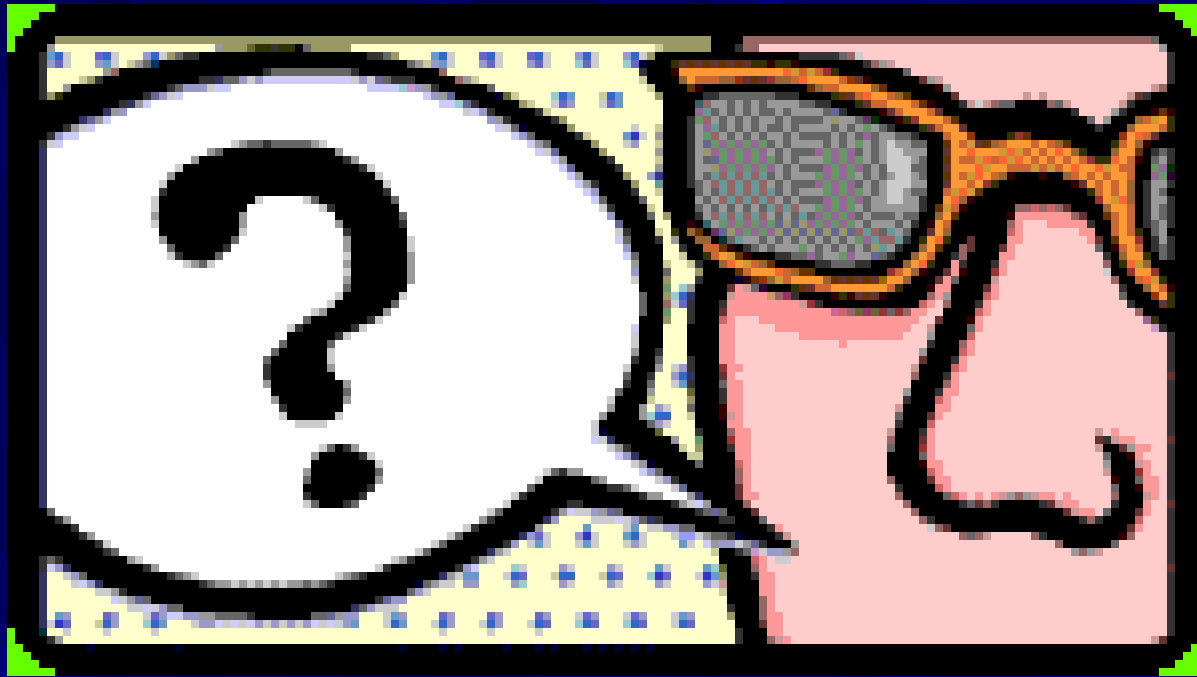
- What types of community activities does my child need (work, shop, recreation, etc.)?
- What specific skills does my child need to learn through participation in CBI?
- Where in the community should my child go to learn targeted skills?
- How often does my child need to participate in CBI to learn targeted skills?

# Can your child...

- Do the things that all young adults are expected to be able to do such as:
  - ◆ Respond appropriately to feedback from a supervisor?
  - ◆ Order his/her own meal and pay the bill including calculating the tip at a restaurant?
  - ◆ Shop for food, clothes, etc?
  - ◆ Ask a clerk for information?
  - ◆ Appropriately socialize with others on a checkout line?
  - ◆ Borrow materials from a library?

# Community-based Instruction

- High quality CBI is an excellent way to increase students' skills and abilities
- School staff have opportunities to learn more about how to provide CBI
- Active family involvement is critical for the success of CBI



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**[www.nj.gov/education](http://www.nj.gov/education)**