

A. L. I. V. E.

Abilities, Life skills, Independence training, Vitality, and Education

ALIVE! is housed at the University of Denver's Ben Cherrington Hall. Our classes are designed for adults with DS interested in continuing education and development of their independent living and social skills.

Our expected outcomes include increased independence and self-esteem; improved social relationships and community involvement. Themes present throughout all modules are: personal safety, good health (physical, emotional and mental) and hygiene practices, assertiveness, independence, age appropriate behavior, time management, identification of needs and desires, community access and the development of resources and support systems.

Class Location:

University of Denver
2201 S. Gaylord St Room 219
Denver, CO 80208

Class Times:

Wednesdays or Thursdays from
5:30-7:00pm

Cost:

\$200 per 8 week quarter

Partial scholarships are available.

Student Information

Name: _____

Address: _____

Phone number: _____

E-mail: _____

Date of birth: _____ / _____ / _____
month day year

Gender: Male Female

Parent/Guardian Information

Name: _____

Address: _____

Phone number: _____

E-mail: _____

Name of person who completed this form:

Instructors:

Carolyn Ajie, LCSW

Carolyn earned her Master's degree from the University of Denver's Graduate School of Social Work with additional clinical training at the Denver Family Institute. Carolyn is an experienced therapist and advocate for individuals and families facing concerns about disabilities, learning delays and exceptional learning abilities.

Carolyn maintains a private therapy practice and teaches a variety of classes and groups.

You can reach Carolyn at 303-587-5432 or carolynajie@comcast.net

How will you get to and from class each week?

Who should we call if there is a problem with your transportation arrangements?

Please write a brief statement introducing yourself to your teachers:

Do you work (paid or volunteer) Yes
(please check one) No, I'm looking

If YES:

Where do you work? _____

How many hours per week? _____

How long have you worked there? _____

Do you exercise? Yes No
(please check one)

If YES, what kind of exercise do you like best?

Instructors:

Scott Quicke, MA, LPC

Scott is a Licensed Professional Counselor specializing in counseling and education of people with intellectual disabilities. Scott has worked with people with intellectual disabilities since 1994, and has had a private practice as a psychotherapist since 1999.

He has led many groups and classes on a variety of topics including social skills, relationships and sexuality, and anger management. He also facilitates trainings for staff on many topics related to mental health issues in people with intellectual disabilities.

Scott has a Masters degree in Counseling Psychology from the University of Northern Colorado, and a Bachelors degree in Psychology from the University of Missouri. He is on the Human Rights Committee for Adams County, and is a member of the National Association for Dual Diagnosis.

You can reach Scott at 303-898-3460 and scott_quicke@hotmail.com

What social activities do you enjoy (dances, movies, game nights)?

Who is in your family?

What do you do for fun?

What do you feel you are good at?

Please send this completed form to

DADSC
700 Potomac St. #A
Aurora, CO 80011

If you have any questions please contact the Denver Adult Down Syndrome Clinic:

Phone: 303-360-3877
Fax : 303-360-3713
E-mail: director@denverdsclinic.org

www.denverdsclinic.org

Are there any ideas, supports, and strategies you need to be comfortable in a new place?

Are there any places or events that may make you uncomfortable (too many people around, too noisy, something unexpected happens...)?

Do you have any medical problems your teachers should know about? (Such as seizures or food allergies or difficulty swallowing.)

What are you looking forward to doing in this class?

Thank you for taking time to complete this form. We may call you if we have any questions.