

Life Skills for Adolescents

Pediatric Therapy Specialists

Our Pediatric-Adolescent Acquisition of Life Skills (PAALS) Program is a community resource for adolescents (ages 13-21) with long term disabilities to build & enhance the life skills needed to transition into adulthood and reach maximal functional independence.

Home/Community safety & awareness

Problem solving & adaptation

Simple meal preparation

Money & basic budgeting

Full cycle laundry

Housekeeping & chores

Sensory strategies for life



PTS

paals@pedts.com
(210) 408-7300



Welcome to the PAALS Pad

Our life skills training is held in a simulated studio apartment attached to our clinic and includes:

- Twin bed with linen
- Full size washer, dryer & laundry supplies
- Kitchen with real cooking equipment, utensils, and ingredients
- Chores: iron & board, broom & dustpan, plunger, mop & vacuum
- Simulated grocery store with cash register



Want a tour?
Contact us

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Our program is delivered by an Occupational Therapist (OT) on a one-to-one, individualized basis, and in accordance with parent priorities & client goals.

Personal safety, coping & regulation, as well as problem solving and cognitive strategies are introduced and reinforced throughout the program to encourage carry over into other environments and life situations.

Duration: 8-10 weeks, 1-2 hours weekly

Cost: \$65/hr (one-time \$130 evaluation fee)

Availability: Mon-Thur 8-6 + Fri 8-12

Let's
Get Started

