

# Intro To Adult Day Supports

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# **7 Keys to a GOOD LIFE**

Faith

Food

Friends/Family

Fun

Feeling Good

Funds



FREEDOM!

# Adult Day and Employment Services



# Adult Day Supports

“The expected outcome of adult day support is development of skills that lead to greater independence, community membership, relationship-building, self-direction, and self-advocacy.”

# The New Rules-Vocational Habilitation

**“The expected outcome of vocational habilitation is the advancement of an individual on his or her path to community employment in accordance with rule 5123:2-2-05 of the Administrative Code and the individual's achievement of competitive integrated employment in a job well-matched to the individual's interests, strengths, priorities, and abilities.”**

# Adult Day and Vocational Habilitation

- **1 year of daily supports = 260 days**
- **Typically between 5-7 hours/day**
- **Transportation supports available in conjunction w/ service**
- **Mix of community and facility-based support**
- **Volunteering, Recreation, Arts, Fitness, Employment, etc...**
- **Support to live a GOOD LIFE!**

**Contact Service and Support Administrator / Service Coordinator**



**Discovery / Assessment**



**Plan Development- ISP, Outcomes, Service Selection**



**Select Provider**

# Discovery/Assessment

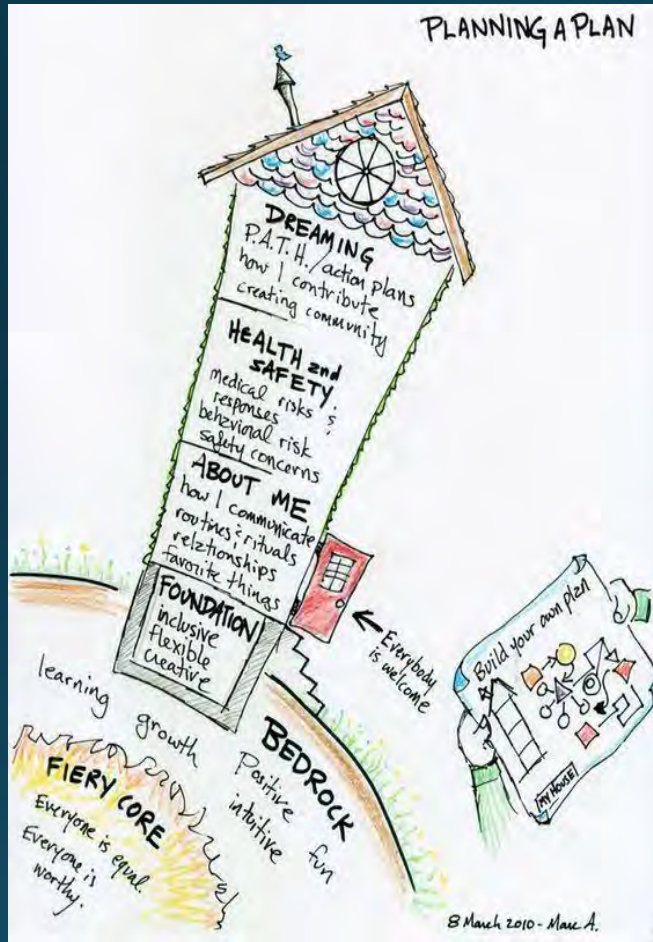


- Helps to determine interests, preferences, needs, desired outcomes and inform the Individual Service Plan (ISP).
- Helps to determine level and type of support.
- Areas of interest to explore, develop.
- Place on the Path to Employment





# The Individual Service Plan



- Outlines personal goals and expected service outcomes.
- Outlines services and supports determined through discovery/assessment and person-centered process.
- Identifies preferences, communication style, life changes and important relationships/
- Identifies service provider and resources to assist in plan implementation.

# Example-ISP Outcomes

- **“Jim’s physical fitness improves so he can be more active and spend more time with friends.”**
- Jim will get support to join a gym or fitness program. (Adult Day Support)
- Jim will learn about healthy eating and shopping for healthy foods. (Adult Day Support)
- Jim will take a walk 2x per day and/or join a walking club. (Adult Day and/or residential)
- Jim will let others know when he is not feeling well. (Adult Day)

# Community Opportunities



- Employment
- Volunteering
- Recreation/Fitness
- Advocacy
- Civic (Kiwanis, Aktion Club)
- Arts, Music
- “Speak up, Stay Safe”
- Interest Connections (Book Clubs, Meetups, Adult Learning classes)
- And much more...

# Thank You

- Feel free to contact me with any questions or thoughts!
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