

# Community Supports & Day Services



*For people with intellectual and developmental disabilities*



Community Supports and Day Services are designed to provide enriching opportunities for people with developmental disabilities to enhance their social skills and their independence. Programs are responsive to new and changing interests of people receiving supports and their families. The menu of available supports focus on social skills, daily living skills, wellness, technology, music, and the arts. Participants are fully included in their communities through recreation and experiential learning.

Partnerships with local non-profit organizations provide volunteer work opportunities for people to develop their vocational skills and be active in their community.

## **Assistive Technology**

The use of assistive technology enhances opportunities for people with disabilities to improve their lives with increased awareness, access, and support. assistive technology might include software, hardware, or applications to support an individual seeking increased community inclusion and/or greater independence with: communication (ex. speech generating devices); computer access (ex. speech to text software, large print keyboard); eating (ex. big grip spoon, suction base plate); environmental control (ex. switches); hearing (ex. assistive listening device, bed shaking alarm clock, flashing doorbell); home safety (ex. stove shutoff device, bed shaking smoke detector); memory/cognition (ex. task prompting apps, reminder systems); phone (ex. picture phone, big button phone); recreation (ex. talking book player, big button iPod remote); vision (ex. magnifiers, talking watch).

## **Benefits Advisement**

Understanding how benefits are impacted by earnings is an important step in making an informed decision about work. Benefits advisement services can assist an individual with managing existing benefits, seek others, and understand the impact earned income will have on cash benefits and entitlement programs such as: Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medicaid, and Medicare, Medicaid-Buy-In, Achieving a Better Life Experience (ABLE), private insurance coverage, food stamps, PASS plans, public assistance benefits (i.e., Family Assistance or Safety Net benefits), student loans, and financial aid (e.g., TAP and PELL grants).

### **Community Habilitation**

Provided at a person's home or in community-based setting, this skill-building support is designed to focus on areas of skill that can help people reside more independently in their community. Some common areas are budgeting, housekeeping, grocery shopping, cooking, personal care/health/wellness, socialization and community inclusion. The goal of the program is to assist people in being independent, contributing and valued members of their communities.

### **Day Habilitation Without Walls**

Through this program people are provided with opportunities to participate in volunteer activities, social/recreational events, crafts, and other activities, both on-site and community-based, that provide people with valuable social experiences. Using a person-centered approach, this program also assists people in gaining skills in various areas to be more independent and contribute to the community in a meaningful way. Some people may attend this program as a stepping stone to gaining valuable experiences that they may later use in a work setting.

### **Environmental Modifications (E-mods)**

Internal and external physical adaptations to the home, which are necessary to ensure the health, welfare and safety of the waiver participant are often needed but enable the person supported to function with greater independence and prevent institutionalization. E-mods in the home include the purchase and/or installation of: Ramps; Lifts: hydraulic, manual or electric, for porch, bathroom or stairs (Lifts may also be rented if it is determined that this is more cost-effective.); Widened doorways and hallways; Hand rails and grab bars; Automatic or manual door openers and doorbells; bathroom and/or kitchen modifications, additions or adjustments to allow accessibility or improved functioning.

### **Family Member Training**

This service assists families/caregivers with access to information and training, so they may continue to support a family member with developmental disabilities in their care who are under the age of 18. Range of topics that can be discussed include: educational systems, health and personal care, information about disabilities, mental health care, and more. A staff member provides skill building and opportunities for skill acquisition to enrich the life of each member of the family, along with connections to community resources that can enhance the skills being taught in the home. This service is also utilized by other community agencies as a compliment to their service provisions.

### **Financial Supports**

Financial supports may be available, but are provided in certain situations through the following initiatives:

- Individual Support Services - This is an OPWDD-approved financial service that can help people living independently in the community in "closing the gaps" between their income and legitimate expenses. ie. rent and/or transitional expenses
- Family Reimbursement - Designed to strengthen family stability and unity by assisting with increased, or special, expenses related to providing supports for a family member with a disability living at home, this program provides financial assistance for goods and services and/or respite for families that have a developmentally disabled family member living at home. Items that can potentially be reimbursed: adaptive equipment, incontinence products, special dietary needs (as prescribed by a physician), etc. Awards are based on available funds and number of applicants. Reimbursement is limited to \$1,500 of allowable expenses for one calendar year.
- Camp Reimbursement - Through this program, individuals who wish to attend camps that are designed specifically for people with disabilities can have their admission/attendance fees paid. Reimbursement is made on a first-come, first-served basis and is limited to \$500 per person, per calendar year.

### **Future Care/Guardianship**

This service ensures that persons with intellectual and developmental disabilities have someone to advocate for them and act on their behalf and in their best interest, without removing the person's civil or legal rights. This service can help families plan for the future and establish appropriate guardianship for their loved one with a disability.

### **Home Supports**

Support provided at a person's home focus on health, socialization, and community skill training.

### **Interim Case Management**

This program assists people in navigating required OPWDD eligibility processes and obtaining the information/evaluations they need to move forward with gaining access to housing, financial benefits, medical services, or who simply need to learn more about what is available to them in their community.

### **Kids on the Block**

This program includes a troupe of educational puppets that dress and act like real children. Each nearly life-sized puppet character has a distinct personality and life story and like real children, some have developmental, physical, or emotional disabilities. The Kids on the Block program is powerful in helping break down barriers, enabling children to be candid with their questions and concerns. The puppets also help children feel positive about themselves, accept individual differences and learn valuable personal skills.

### **Respite: Community and/or After School**

This program offers several types of group and individualized respite including a summer program, after-school program, and various recreational events where individuals can be provided with support in group settings. Community respite is also an opportunity for people to work on socialization and community skills. These opportunities provide caregivers with relief, knowing that their family member is being supported by trained and knowledgeable staff.

### **Recreation**

Leisure activities are an important part of a well-balanced lifestyle. A variety of community-based athletic, cultural, and social events are available throughout the year and are supported by professionally trained staff.

### **Transportation/ Mobility Management**

This strategic approach, for organizing and providing coordinated transportation services, provides services for individuals with disabilities as well as adults aged 55 and above including, but are not limited to:

- the coordination of transportation using area resources
- assistance with transportation options and concerns
- travel training education for public transportation



Learn more at [www.arcofcs.org](http://www.arcofcs.org) or contact Jessica Smith, Day Services Director, at 607.535.6934 ext. 116 or email [JSmith@arcofcs.org](mailto:JSmith@arcofcs.org) for more information.

