



## Supports To Enhance Personal Skills

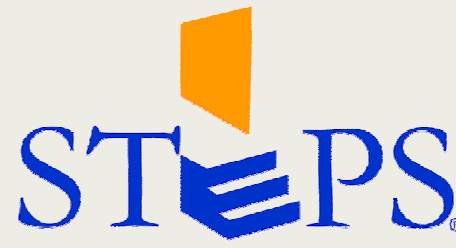
A SUPPORTED LIVING PROVIDER AGENCY

### *STEPS to Open Doors!*

The **mission** of **STEPS** is to enhance the quality of life for people with developmental disabilities. STEPS will strive to provide supported living care and related services through development of personal skills and community integration. STEPS will reinforce the philosophy of independence through empowerment, education through gentle teaching and freedom of choice.



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## Day Support Services

- Adult Day Support
- Personal Care
- Recreation and Leisure
- Community Inclusion
- Skill Reinforcement
- Medication Administration
- Self-Determination

Through STEPS Day Services Program, our consumers are presented with a wide array of invaluable educational, social, vocational and life skill opportunities. These foster individual independence and productivity while enhancing each person's overall quality of life.

## Comprehensive Services Programming



**Adult Day Services** are provided separate from any home or facility in which an individual resides, focuses on non-work activities, and include five components:

- **Assessment:** may be formal or informal, for the purposes of developing an Individual Service Plan.
- **Personal Care:** includes personal hygiene, eating. Communication, mobility, toileting and dressing.
- **Skill Reinforcement:** includes implementing behavioral intervention plans, and help with use of communication and mobility devices.
- **Training in self-determination:** includes developing self-advocacy skills and acquiring skills that enable an individual to become more independent.
- **Recreation and leisure:** includes supports identified in the ISP that are therapeutic, and help to develop and maintain social relationship and family contacts.



- Cooking Group
- Animal Care
- Nutritional Awareness
- Exercise Group
- Themed Crafts
- Community Events
- Calendar of Events
- Book Club
- Computer Assistance
- Sports Days
- Sensory Stimulation

