



Day services for adults focus on building life skills for independence to help the person who has a developmental disability live a more integrated and productive life in the community.



▼ day program services

## DAY SERVICES FOR ADULTS

Day services for adults are structured, comprehensive community-based programs for individuals served by a regional center, and provide access to the community for those no longer eligible for public school programs. Program activities help people to define and reach their goals.

Community-based day programs for adults are expected to meet a variety of individual needs. These supports, services and/or programs should include opportunities for persons served to participate in self-advocacy, pre-employment and employment training, community integration and the development of social and self-care skills.

Day programs are designed to provide interesting activities and training opportunities in a structured setting. The adult, his or her Service Coordinator and other members of the planning team work together to determine if a day program is the right option. The services chosen are then included in the person's Individual Program Plan (IPP). Day program services may be provided in natural environments out in the community, as well as in central locations, and are as diverse as the people who receive them.



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Types of services available through a day program support the development of:

- Self-advocacy and employment skills
- Self-help and self-care skills
- The ability to interact with others, making one's needs known and responding to instructions
- Community integration skills such as accessing community services and resources
- Therapeutic services to promote health, independence, overall functioning and quality of life
- Behavior management to help improve behaviors
- Social and recreational skills

California's Employment First policy ensures that integrated competitive employment is the first option considered for adults with developmental disabilities. Regional centers will provide information about this policy to persons served 16 years or older. This includes options for employment, services and supports, and postsecondary education.

Many adult day services offer opportunities to develop skills to help adults on the job. Participants may work side-by-side with typical peers, receiving assistance from a "job coach" who helps them be successful and productive employees. Individuals might also choose to perform volunteer work in the community, or combine paid work with volunteering. For those who wish to continue their education, adult education is an option that is often provided through nearby community colleges.

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For more information about day programs, please speak with your Service Coordinator. Some day programs may have waiting lists, so it is important to plan in advance.