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**Adult Day Support,  
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**Award winning Easterseals Capital Region  
& Eastern Connecticut Accolades**

- Vocational Rehabilitation Programs CARF Accredited
- CARF Accredited Comprehensive Outpatient Rehabilitation Facility
- One of the Larger Neuropsychological Practices in Connecticut

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**Adult Day Support Services**

- Adult Day Support Options (DSO)
- Individualized Day Support (Non-Vocational)/(IDN)
- Personal Support (PS)

Programs targeted for adults with disabilities to improve lives by giving adults personal competence and independence while helping the community.

# DAY SUPPORT OPTIONS (DSO)

This caring and compassionate program is designed to enrich the participant's quality of life by providing opportunities to experience adult roles and develop and exercise personal competence and independence.

## What is a typical day at DSO?

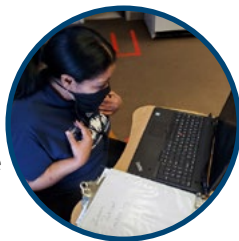
Participants arrive safely and are greeted by Direct Support Associates who help to get them settled with their belongings. Our Associates assess and support individuals with ADLs (Activities of Daily Living) including personal hygiene, continence management, dressing and nutrition. Associates then determine what the individual would like to do from a list of engaging activities offered on that day including:

- Shopping trips
- Baking/cooking
- Park visits
- Storytelling
- Attending a bowling outing
- Exercising
- Playing board games
- Karaoke
- Doing arts & crafts
- Dancing
- Wii games and more

Our trained Associates support participants during their lunch time and provide additional afternoon activities leading up to their departure. Our programs utilize individualized support with an emphasis on materials and language to promote a positive self-image.

## New to our DSO – Zoom Innovation for our Participants!

For individuals who cannot participate in person at our facilities and would still like to engage with their peers, we have launched an interactive virtual day program using the Zoom platform. The schedule of activities changes weekly based on staff and participant requests. Our Zoom program includes chair exercises, crafts, Karaoke, dancing, BINGO/Pokemo, Story Telling, Show and Tell, and virtual visits to museums/other places and more. To facilitate participation, Zoom participation boxes are created and sent to participants as a useful tool for crafts, bingo, coloring and other activities.



## Testimonials

### From our participants who enjoy crafting:

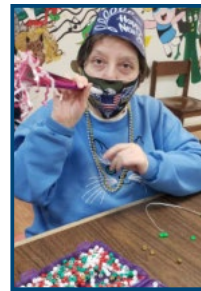
Debbie: "I like to color and make the mouse craft with a candy cane tail."

Roland: "I like beading and coloring. I like magnet crafts for the refrigerator."

Kevin: "I like triangles with pom poms (Christmas tree ornament craft) and Wii dancing."

From a family caregiver:

Kimberly: "You really saved my son. During this pandemic, his whole routine suddenly ended abruptly, and he started having behaviors. Once Easterseals opened back up, he had somewhat of a routine back. He still has behaviors, but they are not as bad, and we thank Easterseals."



## Individualized Day Non-Vocational (IDN) and Personal Support (PS)

Our credentialed and compassionate Mentors pick up participants at their homes and take them out into the community to engage in an array of activities and experiences including going out to eat, visiting a library, park or museum, going on a fishing trip, shopping, or to the movies. The Mentor gets to know each participant and works with the individual to determine weekly activity options.

## How to join our Easterseals Adult Day Programs

- Referrals are made to Easterseals by the DDS Case Manager /packet is sent for review
- Family members contact Easterseals by email, Facebook or phone to inquire about our programs
- School systems reach out throughout the school year to inquire about students who are graduating or aging out.

If an individual qualifies, an in person or virtual tour of our facilities is provided with a meeting to talk about individual needs.

The Easterseals team determines if our program supports the participant and if so the family/caregiver is informed of acceptance into the program.



## About Adult Day Support Services

With an experienced staff, full-time registered nurse (RN) and licensed practical nurse (LPN) at our facilities, our Adult Day Support Services improve the lives of individuals with autism, developmental disabilities, physical and mental disabilities, and other special needs in a safe and welcoming environment. Our credentialed and experienced Direct Support Associates, and Mentors engage and support individuals in activities at our facilities, and in the community. Using our fleet of vehicles (both gas and compressed natural gas), our team safely transports individuals to and from their homes and to activities. Our Adult Day Support Staff advocates for each participant and completes required daily documentation.

Easterseals is one of America's largest nonprofit health care organizations serving individuals and families with disability, children, veterans, seniors, and caregivers. A leading provider of outcomes-based services and powerful advocacy for the one in four people living with disability, Easterseals serves people living with all disabilities throughout the lifespan.

For over 100 years, Easterseals has created life-changing solutions so that people with disabilities and their caregivers have the peace of mind that comes with knowing that the services they rely on every day will support their goals of independence, self-sufficiency and community integration.

## OUR PURPOSE & MISSION:

To lead the way to 100% equity, inclusion, and access for people with disabilities, families and communities by enriching education, enhancing health, expanding employment, and elevating community.

All Abilities. Limitless Possibilities.

