

*A Client Guide
for Adult Day
Program Options*

SAN DIEGO REGIONAL CENTER
www.sdrc.org



*Serving Individuals with Developmental
Disabilities in San Diego and Imperial Counties*



Introduction

This guide is intended to help you understand the variety of Day Program options available in San Diego and Imperial counties for persons with developmental disabilities who need support and assistance to work and/or integrate into the community where they live. The key to selecting a good day program is knowing your goals and the type of support you will need to reach them. This guide provides some of the information to assist you in making an informed choice.

Adult Day Programs offer structured, comprehensive, community-based services for persons with developmental disabilities. Where appropriate, Adult Day Programs may provide training in skills leading to employment, interaction in meaningful community-based activities, social-recreational activities, educational programs and/or behavior modification. Adult Day Programs are designed to help you achieve your goals and assist you with transition once you no longer need their services.

An important part of the process is visiting the program and talking with clients and staff at that program, as well as discussing how the program can help you in meeting your goals. Another important factor is how you will get to and from the program.

The Regional Center is responsible for working with you in finding the most suitable day program and providing you choices. Your Regional Center service coordinator can help you set up visits to day programs.

This guide provides some basic information on the types of day programs that are available in San Diego and Imperial counties. Information is provided in the basic parameters of each type of day program, the agencies that are responsible for monitoring the quality of each type of day program, and the way each option is funded.

A series of questions that you may want to ask as you investigate each day program option has been included at the end of this guide. A list of the rights of persons with developmental disabilities have also been included to assist you in the process of investigating day program options.

Contents

<i>Supported Employment Programs (SEP)</i>	<i>1</i>
<i>Individual Placement (IP)</i>	
<i>Group Placements (GRP)</i>	
<i>Workshops (WAP)</i>	<i>2</i>
<i>Work Activity Program (WAP)</i>	
<i>Activity Centers (AC)</i>	<i>3</i>
<i>Activity Center (AC)</i>	
<i>Adult Development Center (ADC)</i>	
<i>Senior Activity Center (Senior AC)</i>	
<i>Senior Adult Day Program (Senior ADC)</i>	
<i>Behavior Management Day Training (BMDT)</i>	
<i>Tailored Day Services Option (TDSO)</i>	
<i>Additional Options</i>	<i>6</i>
<i>Colleges Programs</i>	
<i>Community Colleges and Universities</i>	
<i>Continuing Adult Education Division</i>	
<i>Regional Occupational Program (ROP)</i>	
<i>Partial Hospitalization Program</i>	
<i>Community Based Adult Services (CBAS)</i>	
<i>Appendix A: Questionnaire</i>	<i>8</i>
<i>Appendix B: Rights</i>	<i>9</i>

SUPPORTED EMPLOYMENT PROGRAMS (SEP)

Individual Placements (IP)

Individual Placement programs are integrated employment where the person is hired by the business. One-on-one support from a job coach is provided with the desired outcome of independent employment. Persons in this program have many work skills in place.

SEP-IP programs are funded by the Department of Rehabilitation until closed then funded by Regional Center. Monitored by Rehabilitation counselors until transferred to Regional Center funding.

Group Placements (GRP)

Group Placement programs are integrated employment with 100% supervision by a job coach. Group placements have 3 to 8 individuals per site to complete jobs and typically work 20 to 40 hours per month depending on the contracts. Pay is based on productivity.

SEP-Group programs are funded by the Department of Rehabilitation until closed then funded by Regional Center. Monitored by Rehabilitation counselors until transferred to Regional Center funding.

WORKSHOPS

Work Activity Programs (WAP)

Work Activity Programs serve adults who can work. The minimal productivity rate for acceptance is between 12% to 15% or better of the industrial standards, given the level of support provided by the facility. However, all decisions for entry are individually based. Individuals are expected to attend the program on a regular basis. However, personal needs are reviewed as well as availability of work.

WAP programs are funded by Regional Center.

ACTIVITY CENTERS

Activity Center (AC)

Activity Center is a community-based day program that serves adults who:

- generally have acquired most basic self-care skills.
- have some ability to interact with others.
- are able to make their needs known.
- respond to instructions.

Activity Center programs focus on the development and maintenance of the functional skills required for self-advocacy, community integration, and employment.

Activity Center programs have different staffing ratios to meet the behavioral, self-care, community integration, and employment needs of the client (i.e., 1:8, 1:7 or 1:6 [staff-to-client]). Individuals are typically **in the community 0 to 4 hours or more per month**.

AC programs are funded by Regional Center.

Adult Development Center (ADC)

Adult Development Center is a site or community-based day program that serves adults who:

- are in the process of acquiring self-help skills.
- generally need sustained support and direction in developing the ability to interact with others.
- need support to make their needs known.
- need support to respond to instructions.

Adult Development Center programs focus on the development and maintenance of the functional skills required for self-advocacy, community integration, employment and self-care.

Adult Development Center programs have different staffing ratios to meet the behavioral, self-care, community integration, and employment needs of the client (i.e., 1:4 or 1:3 [staff-to-client]). Individuals are typically **in the community 2 to 10 hours** or more per month or up to 100% of their program day.

ADC programs are funded by Regional Center.

Senior Activity Center (Senior AC) and Senior Adult Day Program (Senior ADC)

Senior Activity Centers and Adult Day Programs are provided to persons 50 years or older or other adults who may be regressing physically or mentally and seek a less strenuous day. These programs are designed for individuals who want to retire from work yet need ongoing support to meet their self-care and social needs.

Senior Activity Centers have different staffing ratios to meet the self-care, community integration, and social needs of the client (i.e., 1:8, 1:7, 1:6 [staff-to-client]).

Senior Adult Day Programs have different staffing ratios to meet the self-care, community integration, and social needs of the client (i.e., 1:4, 1:3 [staff-to-client]).

Senior AC and Senior ADC programs are funded by Regional Center.

Behavior Management Day Training (BMDT)

Behavior Management Day Training program is a site- or community-based day program that serves adults with severe behavior disorders and/or dual diagnosis who, because of their behavior problems, are not eligible for or acceptable in any other community-based day program.

Focus is on the development and maintenance of the functional skills required for self-advocacy, community integration, employment and self-care (Title 17 Regulations). Behavior Management programs provide a 1:3 ratio (staff-to-consumer) and work towards understanding the function of the behavior and assisting consumers with communicating their needs effectively so transition to another program can take place.

BMDT programs are funded by Regional Center.

Tailored Day Services Option (TDSO)

The Tailored Day Services Option (TDSO) is a community-based day service. The purpose of TDSO is to support adults to further the development in at least one of the following areas:

- employment/job retention
- volunteer activities
- post-secondary education
- community integration services

TDSO's allows for an individualized service design as determined through the IPP that maximizes the person's individualized choices and needs. The type and amount of the tailored day service is determined through the IPP process.

TDSO's are funded by Regional Center.

ADDITIONAL OPTIONS

Colleges

Community Colleges and Universities

Classes offered are for credit and require tuition fees. Students are also required to complete the standard college application and admissions procedures. Classes follow a semester schedule with entry to most classes at the beginning of the semester. Enrollment takes place several months before classes begin and may vary by college/university. All students must meet the academic standards established by the college/university including prerequisites and course repetition restrictions.

Potential students can contact the Office of Students with Disabilities or Disabled Students Programs and Services (DSPP) Office at the college/university for information regarding their enrollment procedures, student orientations, and counseling assistance. Students may request accommodations to assist them in their educational programs.

Students are responsible for securing/waiving funds to attend Community College/University.

Continuing Adult Education Division

Classes offered are free, noncredit, and “open entry, open exit.” Students can enroll throughout the semester unless a particular class is full and their name will go on a waiting list for enrollment. Classes may be repeated if students are benefiting from instruction.

It is preferred that potential students initially make contact with the DSPP Office to meet with a counselor. The counselor will meet with the student, provide information on what classes are available and work with the student to make his/her educational experience a successful one. Upon request, accommodations may be provided to assist students in their educational programs. Personal assistance in the restrooms or with meals is not provided.

Community College Continuing Education is a publicly funded program.

Regional Occupational Program (ROP)

Anyone is eligible to enroll. There is an open entry, open exit policy (you may start and leave at your own pace). All classes have a completion time based on hours of education. Individuals enrolling need to be able to benefit from the program and have minimal prerequisites as identified in the class catalog. There are no fees for classes which are located at high schools, adult education sites and business locations.

ROP is a publicly funded program.

Partial Hospitalization Program

A component of Outpatient Behavioral Health Services, this program provides time limited, active treatment for those individuals with serious and persistent mental illness. These daily structured, therapeutically intense programs are physician directed and serve as an alternative to and prevention of psychiatric inpatient hospitalization.

Partial Hospitalization programs are funded by Medi-Cal or private insurance.

Community Based Adult Services (CBAS)

Community Based Adult Services programs are organized day programs of therapeutic, social, and health activities and services provided to persons 55 years or older or other adults with functional impairments, either physical or mental, for the purpose of restoring or maintaining optimal capacity for self care. These centers target adults who are at the institutional level of care or at risk of institutional placement.

CBAS programs are funded by Medi-Cal or private insurance.

DAY PROGRAM QUESTIONNAIRE

Appendix A

The following is a list of some of the areas you may want to consider, and questions you may want to ask, when exploring various day programs. Not every area/question will be important or apply to you. You may wish to modify the questions to make them more specific to your needs.

Physical Structure/Location

- Is the program clean and well maintained?
- Is there enough storage space for personal belongings?
- How many bathrooms are available and are they private?
- How far away is the bus stop?

Medical and Safety Procedures

- Who would provide assistance for ongoing medical needs?
- Who would administer medications?
- Where would medications be kept?
- How would illnesses and medical emergencies be handled?
- What kinds of assistance could be provided for personal care? Who would provide this assistance?
- What are the fire and earthquake plans?
- Are vehicles used for transportation safe?

Meals and Food Preparation

- Is there adequate space for food storage and refrigeration?
- Will snacks be available? What kinds, and when?
- Can special eating needs be accommodated?

Rules

- Are there “program rules?” If so, what are they?
- What kinds of consequences would there be for breaking the rules?
- Are there any areas of the program that are “off limits” at particular times?
- Are there rules regarding smoking?
- What is the policy on family and friends visiting the day program?

- Is there a telephone available for personal calls?
- How are disputes and differences handled?
- Are the people who work here able to go to the store by themselves? In pairs or small groups?

Activities

- What would a typical weekday be like?
- What major holidays are celebrated? Are they paid days off?
- How often will there be opportunities for community integration?
- What kinds of skill training will be provided?
- What is the vacation, holiday, and/or sick policy?
- What kind of work opportunities are offered (paid and volunteer)?
- How are wages determined?
- How will schedules be developed?

Staffing/Administration

- Is the program run by a for-profit or non-profit agency? How many people are served by the agency?
- What background/special training does staff have?
- How many staff will there be?
- What language(s) does staff speak?
- Does the program use consultants? If so, who are they, and how are they used?
- How will personal money be handled?
- How will this be documented? Will training on budgeting be provided?
- How many people with disabilities are on the board?

RIGHTS OF PERSONS WITH DEVELOPMENTAL DISABILITIES

Appendix B

Persons with developmental disabilities have the same legal rights and responsibilities guaranteed all other individuals by the United States Constitution and laws of the State of California. No otherwise qualified person by reason of having a developmental disability shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or an activity that receives public funds.

Persons with developmental disabilities shall have rights including, but not limited to, the following:

- A right to treatment and habilitation services and supports in the least restrictive environment. Treatment and habilitation services and supports should foster the developmental potential of the person and be directed toward the achievement of the most independent, productive, and normal lives possible. Such services shall protect the personal liberty of the individual and shall be provided with the least restrictive conditions necessary to achieve the purpose of the treatment, services or supports.
- A right to prompt medical care and treatment.
- A right to religious freedom and practice.
- A right to social interaction and participation in community activities.
- A right to be free from harm, including unnecessary physical restraint, or isolation, excessive medication, abuse, or neglect.
- A right to be free from hazardous procedures.
- A right to dignity, privacy, and humane care. To the maximum extent possible, treatment, services, and supports shall be provided in natural community settings.
- A right to participate in an appropriate program of publicly supported education, regardless of degree of disability.
- A right to make choices in their own lives including, but not limited to, where and with whom they live, their relationships with people in their community, the way they spend their time, including education, employment, and leisure, the pursuit of their personal future, and program planning and implementation.

DON'T FORGET!

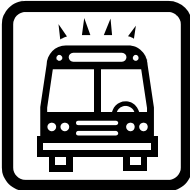
- to include your SDRC service coordinator.
- to discuss transportation needs.
- to discuss funding sources.

ROP

ADULT EDUCATION

COMMUNITY COLLEGE/
UNIVERSITY

SCHOOL



TAILORED DAY SERVICES OPTION

BEHAVIOR MANAGEMENT DAY
TREATMENT

SENIOR ACTIVITY CENTER
SENIOR ADULT DAY PROGRAM

ADULT DEVELOPMENT CENTER

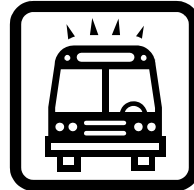
ACTIVITY CENTER

WORK ACTIVITY PROGRAM

SUPPORTED EMPLOYMENT
GROUPS

SUPPORTED EMPLOYMENT
INDIVIDUAL PLACEMENT

WORK



Headquarters

4355 Ruffin Road
San Diego CA 92123
858-576-2996

Imperial County

512 W. Aten Road
Imperial CA 92251
760-355-8383

South San Diego County

2727 Hoover Avenue, Suite 100
National City CA 91950
619-336-6600

East San Diego County

8760 Cuyamaca Street, Suite 100
Santee CA 92071
619-596-1000

North San Diego County

5931 Priestly Drive, Suite 100
Carlsbad CA 92008
760-736-1200



San Diego-Imperial Counties Developmental Services, Inc.
4355 Ruffin Road, San Diego, California 92123
(858) 576-2996 • www.sdrc.org