



New Directions

Day Supports, Supported Employment, Innovations Periodic Services

Program Description: In our Day Program we serve adults with mental and physical challenges who receive supports including Day Supports, In-Home Skill Building, Intensive In-Home Supports, Personal Care, Supported Employment, Community Networking and others. Our Day Program serves as a hub for all activities, both community based and those based here in our facility. We have developed community partnerships as a way to provide special activities, instruction and volunteerism. We have regular classes in social skills, safety and other important facets of daily life. This program is designed to promote opportunities for continued learning and growth utilizing the strengths and interests of the individuals served. We strive to provide a place to develop friendships and network socially for the individuals we support. The individual's person-centered plan is the foundation from which we create opportunities to for independence and increasing decision-making skills. Utilizing Alberta Professional Service's Continuous Quality Improvement process, we meet frequently with our staff, the individuals being served, their guardians, and relevant stakeholders to review the efficacy of our program and ensure that services are being provided in the best possible way.

We provide facility based services Monday through Friday from 9am to 4pm. And community based services on a daily basis both during business hours and after. There is a Qualified Professional on-call 24 hours a day. Our facility has a large Multi-Purpose room with space for group activities including exercise classes, yoga, dance/movement, group games and other activities. There are learning centers with computers, literacy and math activities, and table games. We have a quiet area with casual seating, music and books for one on one relaxation and interaction. Our facility also has clerical/office equipment available to teach vocational skills to the individuals we support. We have a recycling program in place for our individuals to participate in as well. There are many opportunities for contributing to the community as a volunteer. These include Bread for Life, Lauren's Closet, YMCA, and others. We are always seeking out new volunteer opportunities.

Our craft room has a large table with an abundance of supplies for arts and crafts projects, volunteer projects, and painting and mixed media activities. We have a comfortable gathering room for leisure activities and social interaction. It features comfortable seating, movies, a Wii and space for table games. We also have a lunch room with a relaxed eating environment and space for light food preparation and clean up. There is access to a microwave, toaster, and other appliances that give opportunities for skill development.

We also have spaces for independent, quiet work when a social setting is not what is needed at that moment. These feature desks, tables, and comfortable seating.

We have two accessible bathrooms with one that accommodates a changing area with plans to include a changing table in the near future.

Philosophy: Alberta Professional Services strives to provide superior services to the individuals we support by emphasizing that all served are safe and healthy, in the least restrictive



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environment, and with maximum community integration. Each day is planned with the individuals wants and needs in mind. We seek the input of the individual served and develop a schedule around the specific goals that are to be achieved. Our goal is to incorporate fun activities within the treatment day.

Program Goals/Objectives: Alberta Professional Services strives to provide superior services to the individuals we support by emphasizing that all served are safe and healthy, in the least restrictive environment, and with maximum community integration. Each day is planned with the individuals wants and needs in mind. We seek the input of the individual served and develop a schedule around the specific goals that are to be achieved. Our goal is to incorporate fun activities within the treatment day.

Treatment modalities: Our facility uses a combination of behavioral and cognitive therapies in order to assist those we support to reach their goals. We believe that praise, positive reinforcement, and small rewards can encourage the development of alternative behaviors and coping skills in people with developmental disabilities.

With cognitive therapy our goal is to improve the individuals' cognitive abilities in several areas including attention, problem-solving, memory, and learning of functional tasks. We employ both restorative and compensatory approaches in delivering these therapies. Repetition, visual cues, written instructions, simplifying complex tasks, minimizing distractions and teaching self-monitoring are some of the techniques we employ in our facility.

Population Served: Alberta Care in Wilmington provides services to individuals with developmental disabilities (I/DD). We also offer community based services to individuals who are not yet 18.

Resources: We are funded by Medicaid and receive referrals from the Managed Care Organization CoastalCare of NC.

CARF Accredited Service: Community Services: Community Integration

This forms meets these standards

Authority: CARF 2013 BH 2.A.8, 2.A.1