



The Arc[™]

Arapahoe & Douglas Counties

Step Up! Into Life after High School Session 6

What will I do all day?

FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

Achieve with us.

What You Will Learn

- More on PASAs
- Employment
- Day Programs
- Secondary Education

Program Approved Service Agency (PASA)

- Individual and Group Residential Services and Supports (IRSS & GRSS) require Residential Care Facility for the Developmentally Disabled license in conjunction with program approval.
- Supported Living Services (SLS) and Children's Extensive Support (CES) require Home Care Agency license prior to program approval for providers that offer the following services:
 - Bathing.
 - Dressing.
 - Eating.
 - Transferring.
 - Walking or mobility.
 - Toileting and continence care.
 - Personal laundry.
 - Medication assistance.
 - Companionship services.
 - Housekeeping (agencies that provide only housekeeping aren't required to be licensed).

How do I find a PASA

The typical ways:

- Request for Proposal (RFP)
 - The official State way to find providers, written and emailed out by the SEP/CCB Case manager.
- Look up PASAs at the state website:
- https://docs.google.com/spreadsheets/d/1H6wku9Zgoxov_MoX7qD0RMu2glFYy3T4b5Z2-_J0msg/edit#gid=459370783
- Word of mouth (talk to the other families you see at events!)
- Talk with other providers you use, PT, OT, SP... trust me they know people too.

Request for Proposal (RFP)

RFP tips:

- It is an advertisement on your loved one, make sure it is accurate
 - Read over/review the RFP your CM writes
 - Leave in struggles and strengths
 - Be open about the needs
 - Be direct on the scheduling needs

SWAP  works with youth while in school

DVR  works with everyone, 18 plus.

Who is eligible for SWAP/DVR?

- Section 504
- Special education
- Suspected or known disability not under any other category
- Everyone has the right to apply for DVR services, DVR then will determine who is eligible.

What Information is DVR looking for:

- Disability related information and transition related activities
- This information is useful for DVR eligibility and program planning
- Sources of this information may include:
- Plans from the special education file such as communication, behavior, health, assistive technology
- Most recent triennial, the summary of performance
- Student work experience information, resumes, transition focused assessments
- Related service provider files like PT/OT, psychologist, nurse, etc.

In the transition programs:

- Career awareness, exploration and preparation
- Guidance and counseling on career training and education
- Work based learning
- Workplace readiness training
- Personal adjustment training

Once working with DVR:

- Personal Adjustment Training
- Job Coaching
- Job Placement
- Job Seeking skills Training
- Job Search activities
- Assistance with work place accommodations
- Job retention and skills training

Division of Vocational Rehabilitation (DVR): Office Contact

- **Aurora Office**
 - 12510 East Iliff Avenue, Suite 303
 - Aurora, Colorado 80014
 - (303) 671-4160
- **Centennial Office**
 - 6974 S. Lima Street
 - Centennial, Colorado 80112
 - (303) 636-1258
- **Colorado Springs Office**
 - 1365 Garden of the Gods Rd, Suite 250
 - Colorado Springs, Colorado 80907
 - (719) 6353585
- **Denver-metro Office**
 - 2211 W Evans
 - Denver, Colorado 80223
 - (303) 866-2500, (877) 243-2823
- **Golden Office**
 - 3500 Illinois St, Suite 1400
 - Golden, Colorado 80401
 - (303) 866-4121

Supported Employment

Supported Employment

- Job Coaching services are available once an individual has obtained employment. Provides job skills training, tailored job assessments, job site orientation and monitoring of the individual at the job site. By collaborating with a network of businesses and the Colorado Division of Vocational Rehabilitation, we help our participants maintain employment stability.
- Ongoing Employment Support services help employees and employers work together to form productive, long-term relationships. We consult with employers to help them better understand the needs of adults with disabilities. If on-the-job issues arise, we provide immediate responses to help resolve conflicts quickly. Most importantly, we don't make excuses; we find creative solutions to maximize the productivity of everyone involved.

Day Programs

Target population

- Medicaid-eligible seniors and adults with disabilities who are isolated or who can't manage independently. Eligibility is based on a determination that such services will prevent a nursing home placement.

Services provided

- Social activities and assistance with activities of daily living, such as eating, bathing and dressing,
- Provided during the daytime hours Monday-Friday on a regularly scheduled basis at an adult day services center. Can be weekends or nights

Day Program Activities

Day Program Activities are billed under two service areas:

- Supported Community Connections (Community based)
- Specialized Habilitation (Site based)

All programs use a combination of these two services for a typical day program.

Social Activity Day Programs

- Some Day Programs help participants develop social skills at their facility-based programs, or through community-based supports. Individuals visit several locations all over the Denver Metro area in small groups to participate in fun activities, such as swimming, basketball, arts and crafts or cooking classes. The number of activities vary widely from program to program. The programs work hard to integrate participants into their local environment. They work on goal setting as a group, as well as our personal goals.



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Day Program Activities

Job Training Day Program

- Some Day Programs teaches the skills that help participants transition into a work environment. They volunteer at locations all over the Denver Metro area working in small groups to complete a variety of tasks. By partnering with organizations like Arc Thrift Stores, Ronald McDonald House and Habitat for Humanity, we make valuable contributions to the community while integrating participants into a collaborative, structured working environment. They encourage our participants to grow socially and emotionally while working together as a team to achieve a common goal as well as our personal goals.

Paid Work Crew

- Work Crew support participants who want to work in the community, but struggle with the decision-making and social skills required for employment. Work crews are integrated in the community working in locations, such as the University of Colorado Hospital as well as Arc Thrift stores. This is not an enclave, where our clients are separated from the rest of the staff. Our clients work individually and in groups right alongside hospital employees. The program educates participants through mentoring, real life experience, goal setting, and the development of specialized behavior modification plans.

Day Program Activities

Evening Social Club

- The Evening Social Club teaches social skills and provides a sense of community through scheduled supervised activities. They encourage participants to engage in positive, supportive relationship building to combat the social isolation faced by so many adults with cognitive disabilities. The programs focuses on relationship development, as well as social and emotional growth. We help provide the necessary repetition to help our participants improve their self-confidence and participate more fully in community life. It also integrates our clients into the community where they live so they feel more connected.

Work Out

- Some groups run a work out group focuses on basic physical fitness as well as nutrition. It provides a safe and fun atmosphere for individuals who are looking to maintain their physical health. Individuals work out in a community facility helping them to gain confidence and feel accepted by others. Most focus on goal setting as well social interactions all while having fun.

Day Program Activities

Typical day schedule

- Individuals arrive- 9:00-9:30am
- Morning Skills Group- 9:30-11:00am
- Lunch/Free Time- 11:00am-12:00pm
- Community Outing- 12:00pm/1:00pm -2:30pm (depending what the outing is)
- Facility-Based Activity- 12:00pm-2:30pm
- Wrap up- 2:30-3:00pm



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