

Day Support Services

Blue Ridge Opportunities has always operated a blended Day Support Program that encompasses many aspects of Facility Based and Community Based Services. Services are provided in conjunction with each other and are not offered separately at this time.

Introduction to Day Support Services

Blue Ridge Opportunities offers a Developmental Day Support Services to individuals who need additional assistance in developing independence in the activities of daily living.

Programs and services (which will be coordinated by the Program Director and implemented by the Day Support Coordinator) are to be delivered in accordance with each individual's ISP, and will utilize normalizing and age appropriate activities. The specific services for any individual will be determined in the Person Centered Planning process and based upon each individual's wants and desires. Additional information will be evaluated such as assessments and evaluations which will include, but will not be limited to, the strengths and needs inventory, SIS, vocational evaluation, social history summaries, past vocational and/or educational experience, individual input, and input from the parents, caretakers and Support Coordinator.

The following is a list including, but not limited to, areas in which a program participant may pursue independence:

A. Self Care/ADL:

Activities in this area relate to personal grooming and hygiene, clothing care, eating skills, basic housekeeping skills, shopping skills, basic meal preparation and care of belongings. Emphasis will be placed on learning and applying skills within the community using groups of 2-3 individuals or individual participation.

B. Communication:

Participants who experience limited expressive and receptive language skills will be provided with opportunities to improve existing skills and pursue alternative methods of communication. Emphasis will be on the integration of the individual's communication skills within all activities in the program.

C. Socio-Emotional Development:

Individuals will be provided training in the development of skills that increase the ability to interact with others in a meaningful, purposeful, self-satisfying and socially appropriate manner. Growth in this area is to be emphasized within all facets of the program.

D. Cognitive/Educational Development:

Individuals will be provided training in relevant conceptual and functional skills that will further enable the individual to achieve success in independent living. Many skills in this

area correspond to skills in the activities of daily living. Emphasis will be on the development of those skills that are functional within the Individual's environment.

E. Environmental Skills:

Training will be available in the care of personal belongings, care and use of work tools, on-task behaviors, punctuality, appropriate dress, etc. Training will utilize actual sites where expected behaviors will occur.

F. Recreational/Leisure:

Individuals will receive training and assistance in those activities which serve to bolster a individual's self-esteem, increase community participation, and develop muscular and hand-eye coordination and to interact with others in a socially appropriate manner, Emphasis in this area will be on empowerment by having the individual express and pursue his or her individual interests. Activities in this area may also be utilized as positive reinforcement for success in other areas.

G. Sensory/Motor Development:

While some issues in this area are addressed through recreational activities, individuals will also participate in non-recreational activities that promote muscle tone and coordination, hand-eye coordination, fine and gross motor skills and discrimination of shapes, sizes, textures, colors, etc.

H. Vocational Skills/Pre-Vocational Skills

Participants in the program will be able to spend a limited amount of time learning job tasks, skills and techniques similar to those required in sheltered environments so that they can move to the next least restrictive setting when their needs and skills will allow. This area will integrate skills from other areas, such as safety, communication, on-task behavior, discrimination of objects and appropriate dress for the work place.

Tiered Services Available

I. Group Day Support- Day Support Services are provided either in the community or facility setting. This service is provided with a staffing ration of 1:7 and encompasses skills necessary to build independence as defined in the introduction above. Goals are developed in accordance with the Person Centered Planning process and outlined in each individual's ISP.

II. Community Engagement-

Community Engagement is a new service established in 2016 following the Waiver Redesign. In this service individuals are given the opportunity to develop and build relationships with in their own community setting with the supports necessary to engage at a capacity they desire and

as developed in their ISP. This service is provided with a staffing ratio of 1:3 and operates solely in the community. Activities vary based on individual support plans and needs, but may include volunteerism, naturally occurring educational and training activities, and the establishment of goals through Person Centered Planning. Goals may focus on any of the listed areas in section I.

III. Community Coaching

Community Coaching is a new service established in 2016 following the Waiver Redesign. Community Coaching is an individualized service intended to assist individuals in accessing the community and minimize barriers with provided supports according to individual service plans and the Person Centered Planning process. Activities may include, but not limited to, one on one supervision for volunteerism, community based activities that are otherwise not accessible in larger groups, the implementation of goal specific activities that an individual has been prevented from accessing in the past. Services will be individually based and carried out as dictated by the Service Plan with goals established through the Person Centered Process. This service is provided on with a 1:1 staffing ratio.