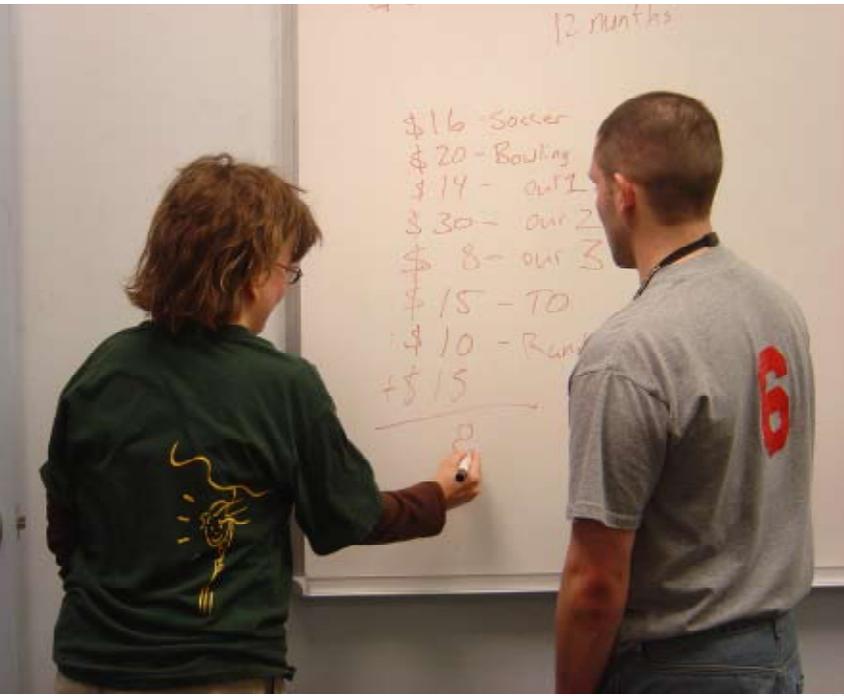


Schenectady arc LifePrep



LifePrep

Life Prep is an innovative life preparation program that provides customized services designed to gradually teach the skills needed to live and work in the community as independently as possible.

There was a high demand for services for young adults with developmental disabilities. Schenectady ARC began developing services that would meet individuals' needs and opened our first Life Prep program in April 2005. Because of an increasing demand for services, Life Prep 2 was opened in July 2007.

Life Prep provides consumers with volunteer opportunities, travel training, independent living skills and college supports. Life Prep is consumer focused and driven. Our groups are designed to help make the transition to living more independently a reality. Life Prep is designed to be fun and informative.

TRANSPORTATION

Life Prep staff provide transportation to and from the program. Hours of operation are: 7:45 am through 4:15 pm. Program hours are 9:30 am through 2:00 pm. Life Prep staff leave on their van runs at 8 am. Individuals can be expected to be picked up anywhere between 8:15 am and 9:15 am. Please contact team leaders before 8 am with any transportation changes. During times of severe weather transportation may be cancelled or delayed. Postings will be provided on the local news stations listed as Schenectady ARC and will also be available at www.arcschenectady.org.

MEETINGS

The first meeting at Life Prep will be an admission meeting. It will be at this meeting that we develop valued outcomes. Valued outcomes are goals and dreams for the future that are unique to each person and help determine what the individual would like to work on while attending Life Prep. Valued Outcomes are also used to develop Day Habilitation Plans. Day Habilitation Plans are reviewed at least twice a year at an Annual and Semi-annual ISP meeting. These meetings are coordinated by your service coordinator and occur every six months. We can meet earlier than every six months if the team feels it would be beneficial.

OUTING/VOLUNTEER OPPORTUNITIES

We offer a number of volunteer opportunities at Life Prep. These include: Peaceful Acres Horse Farm, the Pine Ridge snack shop, Maple Ridge greenhouse, City Mission, Red Cross, Salvation Army and Regional Food bank. All of these opportunities follow a dress code which includes proper shoes, clothing, etc. We provide many outings. These outings include Library trips, bowling trips, mall walking, visits to the park, etc. Most of our outings require no money, aside from our bowling which is weekly and costs \$5. We also go on outings during special seasons and holiday times. These outings may require cost. Notifications will be sent home when these opportunities arise.

ADDITIONAL SERVICES

Life Prep also offers clinical services through Ridge Health Services. These additional services require you to be enrolled in our clinic. Your Service Coordinator can assist you with this. We have clinicians that offer speech, occupational therapy, social work and vocational rehab counseling groups. Specialized groups include handwriting in a group or individual session. Other clinic services, such as psychiatry, nursing, nutrition, primary med and physical therapy are provided through Ridge Health Services. We provide transportation to these appointments when provided in the necessary amount of time and when our scheduling permits. We also have a psychology coordinator on staff to provide specialized groups, including: social groups, relaxation and coping strategies.