

COLLABORATIONS

Through collaborations with other JESPY programs, it is our goal to enhance various areas of a client's life. Based on an observed need or expressed interest from clients or their families, internal recommendations to various JESPY programs are made.

Clients participating in each Day Habilitation program can have different 'tracks' they follow throughout their time in the Day Habilitation program.



After referral to JESPY's Work Readiness Program, a Day Program client became employed handling stock, recycling, and other duties at a local business.

These 'tracks' include referrals that are made to JESPY's Athletics & Fitness program, which includes fitness sessions, practice and/or participation on JESPY Special Olympics teams; as well as JESPY's various residential options and the Work Readiness & Employment Engagement program, through which clients learn job skills and obtain volunteer opportunities.

Day Program clients most often have additional interests. To that end, clients have been referred to participate in the Engagement & Enrichment program, which includes recreation, community outings, and wellness activities.

Aging in Place clients have also been referred to the Athletics & Fitness, Engagement & Enrichment, and Work Readiness & Employment programs. Clients in this track are interested in volunteer work that is available within multiple employment sectors.

Transitions participants are often referred to the Work Readiness, Athletics & Fitness, Residential/Shared Housing departments for opportunities that fall within their interests or goals.



Clients from various Day Hab services participate in a morning walking group as part of the Athletics & Fitness Program.

Getting Started

Interested applicants can schedule an interview with JESPY's Intake Coordinator to discuss the variety of service options and tour the facilities and program. Please call (973) 762-6909, ext. 302 to schedule an appointment.

Day Habilitation Services may be funded or paid for through the Division of Developmental Disabilities (DDD), grants, Medicaid, and/or private pay.



"I've made a lot of friends here. Friends are very important to me. We get to grow and do things together."

— JESPY Client

"I'm learning how to do new things and going to new places. That means a lot to me."

— JESPY Client

JESPY House is a nonprofit 501 (c) (3) organization, founded in South Orange in 1978 to serve the needs of adults with Intellectual and Developmental Disabilities.

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jespy.org    



DAY HABILITATION



**Learning & Developing:
Life Skills
Daily Independence
Community Integration**

JESPY's Day Habilitation Program provides a structured daily schedule of educational, engaging, and health-oriented activities for clients with Intellectual and Developmental Disabilities. In this scheduled program, participants learn important life skills and build on their interests to shape their individual performance plans.

Steps to Success

While participating in JESPY's Day Habilitation program, all clients engage in six steps established and developed to further clients' independence and improve their quality of life.

These steps guide and empower clients to confidently move toward their aspirations, enhance skills, and make new friends as they travel through various stages of adulthood.

1. DAILY INDEPENDENCE

2. LIFE SKILLS

3. COMMUNITY INTEGRATION

4. HEALTH AND WELLNESS

5. INTERPERSONAL SKILLS

6. LEISURE/RECREATION



DAY HABILITATION SERVICES

Day Program Services

assist clients age 18 and older with developing their cognitive abilities. It also assists those who require additional staff support. In this environment, the six steps focus on the fundamentals of a topic or subject using hands-on techniques and animated resources to teach skill acquisition. The objective for this group is to create an environment where individuals can learn at their own pace.



Transitions Services

support clients age 18 - 35 with developed cognitive abilities who are able to advance in a learning environment that requires additional focus. The Transitions program is structured to bridge the gap as individuals move from school-based to adult-centered learning. Participants should be interested in and committed to continuing the process of honing skills learned in school as well as developing and enhancing new skills necessary for the transition to adulthood.



Aging in Place provides support to clients age 45 and older as well as individuals who are interested in a slower paced environment. This program is geared toward older clients and their daily groups offer the reinforcement and retention of skills as well as increasing clients' social and physical activity.

Some individuals in the Aging in Place population experience health-related challenges or feelings of isolation. Nearly 40% of JESPY's client base is age 45 years or older. Participation in the Day Habilitation Program provides clients with a sense of community as well as outlets for creativity, additional learning, and the sharing of ideas. It is essential that the health, well-being, and independence of JESPY clients is maintained as they approach and travel through their later years.



Outings with clients of all age groups help increase socialization for JESPY's aging in place adults.

Pathway to Independence

JESPY House clients take part in a variety of personal development and recreation-based sessions and activities. The groups listed below encourage clients to develop skills individually as well as with other clients in a fun, engaging and supportive environment.

All groups and activities are designed to enhance each participant's advancement toward independence.

DAILY LIVING / LIFE SKILLS / LEISURE

- Time management
- Food shopping
- Meal planning
- Food preparation/cleaning
- Kitchen Safety
- Travel training
- Art
- Music
- Dance/Movement

INTERPERSONAL SKILLS / COMMUNITY INTEGRATION

- Self-advocacy
- Community Inclusion
- Safety Awareness
- Conflict Resolution
- Coping Skills
- Social Interaction
- Expressive Arts