



## Rise and Shine Adult Day Program Mission Statement

Rise and Shine is all about building community and offering young adults with special needs a life full of challenge, adventure, and friendship.



## Program Overview

Rise and Shine is best suited for young adults with special needs who enjoy being out in the community and yearn for adventure and a sense of belonging. Our group members strive for independence by working on functional life skills, social skills, and peer relationships with the support of compassionate and experienced staff.

We offer full-day programming, with enriching and meaningful activities, to give our members every opportunity to Rise and Shine!

Scheduling is done on a weekly basis, to provide flexibility and to capitalize on events taking place in and around the city. Larger events that require additional planning will be booked in advance, allowing ample time for staff and families to plan accordingly.

## Key Program Components

Please note that we base our schedule on our student's interests and abilities; therefore, not all components will be appropriate for all our students.



## Peer Interaction

Peer interaction is one of the most important factors in programming for young adults with special needs. Our aim is to give our members opportunities to make friends and interact with their peers, alongside qualified staff to facilitate and model. Having a peer group, and giving our members a chance to improve their social skills, is an important part of a specialized, complete program.

## Physical Activity

Physical activity is a wonderful way for our members to be active and move their bodies. We offer yoga classes with Yogabilities and have exercise equipment at our office that we use regularly. We also go hiking, walking, swimming and engage in fun leisure activities that allow us to keep our bodies in motion.

## Cooking and Baking

Our group members find cooking and baking an enjoyable way to spend social time together, and to learn valuable life skills. We create everything from simple snacks and smoothies to more complex meals or baking. Our aim is to give our students the tools that they need to be more independent.



## Art and Special Projects

Our members enjoy art classes and doing crafts or special projects together. Art projects can be a great way for our members to improve their fine motor skills, and express themselves creatively. Art is our medium for connecting with each other and expressing ourselves.

## Volunteer Work

Volunteer work is an important way for our members to give back to the community and build self-esteem. Special care is given when finding volunteer work for our members to ensure that it is a match. Volunteer jobs may not be suitable for all groups, but we enjoy giving our members opportunities to engage with their community and share their gifts with others.

## Life Skills

Directly teaching life skills impacts the lives of our members and gives them increased independence. Our members can learn a wide variety of skills, from grocery shopping, to doing the laundry, to preparing their own snack or lunch. These skills contribute to a positive sense of self, increased independence, and achievement.



## Leisure Activities

To have a well-rounded program include a variety of leisure activities based around the interests of our members. We encourage our members to try activities that might be out of their comfort zone, in addition to activities that we know that they already enjoy. It is important for our members to have time to have fun with their friends and socialize!

## Music Classes

We offer weekly music classes with Bryan Bayley which our students enjoy and benefit from greatly. Music is shown to reduce stress, improve mood and self-expression. Music therapy aids in enhancing communication and social skills through experiencing music with others.



## Fees

Rise and Shine offers Part-Time and Full-Time placements for families with FMS (Family Managed Services) PDD Funding. Our program offers flexibility to families, and a longer day (8 hours, plus transportation time) so that families and parents can go to work and not have to worry about their loved one with special needs. Fees must be paid at the beginning of the month to ensure your spot. As with most programs, our fees are fixed and you will be charged regardless of attendance. There will also be an activities/admissions fee of \$200/month to pay for classes, special events, baking, music/movement therapy, admission to activities, etc. Part-time students can pay a pro-rated activity fee of \$12.50/day.

We want our members to be out in the community, taking part in engaging, fun activities!