

Program Overview

Activity	Description	Goals and Objectives
Enrichment Activities	Monday through Friday for approximately one to two hours, home members have an opportunity to engage in enrichment related behavior and earn credits for their efforts. Enrichment tasks vary and are tailored to the individual. Individuals may only be able to stay on task for short periods of time. Being able to engage in productive behavior has an important effect on individual self-esteem and dignity. If individuals show the ability to engage in competitive work they are referred to a work/employment agency.	This activity is designed to stimulate productive behavior. In addition, it serves as a normal way to interact and cooperate with others. This activity can improve self-esteem, attention, problem solving, rule following, cardiovascular endurance, and active range of motion. It provides opportunities to teach and practice cooperation, communication, organization, and team work, and it serve as a normal consequence for pro-social, punctual and appropriate behavior.
Resident Advisory	Resident advisory council meets weekly and consists of home members and staff. The group discusses and votes on issues such as group activities and outings for the week, menu items, house rules, and consequences for breaking rules. Although staff participate and facilitate group discussions, only home members can vote. Changes in home rules are reviewed and approved by home administrator.	The goal of resident advisory group is to teach home members the importance of rules and self regulation. It also serves as an opportunity for individuals to advocate for themselves, have input into home policies, and express their thoughts and ideas in a group setting. Important objectives include teaching cooperation, communication, decision making, self expression, and meeting rules and etiquette.
Life Management Skills	Life management skills are taught through various group sessions and daily activities. Topics include social skills, personal care and grooming skills, anger management, communication skills, stress management, time management, and safety awareness. Individuals are then encouraged to practice pro-social skills during daily activities.	The focus of teaching life management skills is on learning pro-social alternatives to maladaptive behavior. Learning and practicing pro-social behaviors increase independence, self-esteem, self-advocacy, access to the community, and harmony within the home. Home members learn to rely less on destructive, aggressive, and maladaptive behaviors to communicate or express their needs.
Personal Care, Home Management, and Community Living Skills	Personal care and home management skills are stressed daily throughout various activities within the home. Individuals are encouraged to take care of themselves and their home environment. Medication management is provided. Daily home chores are scheduled including helping with meal preparation, shopping, laundry, and house cleaning. The level of assistance and/or prompting is provided as needed.	Personal care goals emphasize grooming, hygiene, and personal health, including compliance with medical treatment and medications. Home management goals emphasize maintaining a clean and organized home environment. These goals together emphasize teaching and maximizing independence in activities of daily living. These goals improve self-esteem and dignity, promote healthy behavior, and help reduce the spread of infections.

Program Overview

Activity	Description	Goals and Objectives
Social Events	Various social events are scheduled throughout the week and encourage home members to participate in social/leisure activities with one another and with others outside the home. Activities and events include a regular card night, dancing in the community, attending brain injury support group and other specialized group meetings, Sunday social, planned field trips, and dinner outings.	The goal is to provide individuals with social situations which they can learn and practice appropriate social skills, improve communication skills, and have fun. In many cases, individuals look forward to scheduled social events and enjoy them. Hence, these activities become great opportunities to teach pro-social behavior and improve quality of life.
Community Access	Individuals access the community on a daily basis. They participate in shopping, activity outings, movie outings, dances, social events, sporting events, laundry outings, visit parks and museums, attend church, community events and festivals, and group meetings.	These activities provide opportunities for individuals to learn pro-social behaviors in settings outside the home. The focus is to increase independence in the community, to promote personal leisure interests, increase awareness of community programs and resources, and encourage pro-social community interactions.
Leisure Skills	A series of weekly activities and outings are directed at teaching leisure skills. These include crafts, outdoor activities, field trips, attending sporting events, social events, and visiting the library to read or look at magazines related to a personal interest. Home members are introduced to leisure skills through presentations, demonstrations, participation, and/or event attendance. If individuals show an interest in a particular leisure topic, they are encouraged to learn more about it.	Leisure skills promote positive growth and can serve as alternatives to maladaptive behavior. Engaging in leisure behavior can help relieve boredom, stress, and depression. Leisure activities help motivate individuals to learn new ideas and skills, and promote problem solving, planning, and other skills important to daily living.
Health Management and Exercise	These activities include discussions about diet, medications, healthy behavior, and exercise. Individuals participate in various exercises from daily walks, playing basketball, and attending the YMCA.	The goal is to help individuals maintain and practice healthy behavior.
Emotional and Behavioral Stability	HomeLife, Inc. employees receive training in behavior management techniques and crisis intervention skills to help home members through difficult emotional and/or behavioral crises. Much emphasis is placed on verbal intervention skills to help home members problem solve or think through critical behavioral events and consequences. Due to injury, disability, or illness, Individuals cannot always manage their own emotions, impulses, or behavior and may require special support, prompting, or intervention from staff to help them through a crisis.	The goal is to help home members use more safe normalized responses rather than dangerous or destructive maladaptive behaviors. In many cases this requires intervention from HomeLife staff to help home members redirect potentially dangerous behavior and emit more socially appropriate behaviors. As individuals learn to regulate their emotions or behavior more independently or with the help of HomeLife staff, more opportunities occur to participate in home and community activities, and minimize hospitalizations. Also, home members are able to benefit from other therapies they may be receiving.