



Day Programs

What To Do During The Day

As young adults with developmental disabilities approach the time when they will no longer be eligible for services through the public school system, they begin a process much like their age-typical peers: taking stock of their interests and abilities, and making decisions about how they will live their lives as adults.

Day programs are community-based programs for individuals served by a Regional Center. They are designed to provide interesting activities and training opportunities in a structured setting. Day program services may be at a fixed location or out in the community and are as diverse as the people who receive them. Day programs can help in the development of self-care, social, recreational, employment, and behavior management skills.

Work-focused programs, which enable adults with developmental disabilities to earn a paycheck, are increasingly popular choices. Through these programs, consumers may work side-by-side with typical peers, receiving assistance from a “job coach” who helps them be successful and productive employees. Or, they may perform paid work at a center-based program among other individuals with developmental disabilities.

Consumers might also choose to perform volunteer work in the community, or combine paid work with volunteering.

For those who wish to continue their education, adult education is an option that is often provided through nearby community colleges. In addition, a wide range of adult activity centers are available to serve individuals of all ages and interests. Many of these programs focus on building life skills for independence to help the person who has a developmental disability live a more integrated and productive life in the community.

For more information about day programs, please speak with your Service Coordinator. ELARC’s policies for adult day programs may be found on the Consumers & Families page of our website under Purchase of Service Guidelines. ELARC follows these Guidelines when authorizing service requests for consumers and families.

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日間活動計畫

日間活動

罹患發育障礙的年輕人逐漸長大，再也不能享受公共教育系統提供的服務，一種與這個年齡段的孩子非常相稱的流程開始了：評估自己的興趣與能力，就長大後的生活方式做出決定。

日間活動計畫是一種社區型活動計畫，針對區域中心的服務對象。該計畫旨在營造一種結構化氛圍，在這種氛圍下舉辦有意思的活動，提供培訓機會。可能在固定的地點提供日間活動計畫服務，也可能在社區裡面，與服務對象一樣豐富多彩。日間活動計畫可以說明服務對象培養自我護理、社交、休閒、就業與行為管理能力。

該計畫以就業為中心，讓患有發育障礙的成人有賺錢的機會，日益被人們接受。透過這些計畫，消費者可以與同齡人一起工作，接受『職業教練』的支援，幫助他們成功，幫助他們提高效率。也可以與其他發育障礙患者一起，透過一個在區域中心執行的活動計畫從事有償工作。

消費者也可能選擇在社區做義工，或者同時做有償工作。

希望繼續接受教育的人士，可以考慮通常由附近的社區大學提供的成人教育。此外還有很多成人活動中心，服務各個年齡段與各種興趣的人士。許多此類計畫重點培養發育障礙患者的獨立生活能力，讓他們在社區中過上更加充實高效的生活。

如需詳細瞭解日間活動計畫，請與您的社工聯絡。您可以在ELARC網站『服務採購指引』部分的『消費者與家庭』頁面找到成人日間活動計畫政策。ELARC在為消費者及其家人採購服務時遵循此類指引。

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