

# BALANCE ADULT DAY PROGRAM

Balance provides Community Based Adult Day Services for adults with developmental and intellectual disabilities from birth. Our Day Program consists of two sites, each located in neighborhoods with easy access to community activities and opportunities. Both Pace locations meet or exceed ADA standards. Balance also offers a 10-week Summer Day Program, running from mid-June through mid-August, for individuals age 18 and up, that helps with transitioning out of high school into an Adult Day Program.

Program participants are supported in 1:1 care, 2:1 care (2 participants with 1 staff), or a group of 4-5 individuals with one staff member. Individuals may begin programming when they turn 18 years old. The philosophy at Balance is to maximize each individual's integration into community life. Participants are involved in activities taking them out into their communities to interact with various community members at least once per day. These activities serve to enrich health and wellness, enrich creativity and socialization, and give participants opportunities to give back to their communities through volunteer jobs. Seventy-five percent of Day Programming time is spent in the community.

Admission into Balance's Day Program is initiated by the family contacting the Director of Day Programs and working with and through their selected Family Care Organization or IRIS. Balance will then initiate "Pre-Admission" and will give the family paperwork to complete that will provide the Day Program with important information about the individual. The Balance Director of Day Programs will reach out to the family and the appropriate Care Manager to discuss the admission application. If an opening is available, and if the individual appears to be a good fit for the Day Program, an in person visit and tour of the Day Program will be scheduled. If it is determined that the individual is a fit, full admission will be coordinated with the family and Care Management Organization or IRIS.

Based on the expertise and current training of Balance staff, there are several criteria that do not fit our capabilities:

- Significant/Severe behavioral issues
- Individuals needing nursing or medical care
- Individuals needing injections that require staff administration
- Medical or physical limitations that preclude the individual from regular community integration



## Features & Benefits

- Community Asset Building Through Volunteerism
- Daily Living Skills
- Health & Wellness
- Social Connectedness
- The Arts

# BALANCE ADULT DAY PROGRAM

It should be noted that as a person ages, Balance will work with the individual and their care manager on different techniques to continue to serve the individual. If the person's needs or negative behaviors begin to increase Balance will work with the team to adapt their programming. However, there could be a time when due to acuity of the participant needs, Balance's Community Based Day Program is no longer a suitable option for that individual.

Balance's Day Program operates Mondays through Fridays from 8:15am to 3:15pm. Individuals may attend the Day Program any number of days per week, there is no minimum. An attendance schedule will be agreed upon at time of admission. Frequent absences from the Day Program may not fully allow for the individual's community integration to occur. Therefore, frequent voluntary absences will be discussed with Care Management Organization and Guardian and may result in discharge from the Program.

It is important to review and consider the needs and desires of each program participant. Balance uses Self-Centered plans for each participant attending the Day Program. Plans are created with the individual and their team and reviewed every six months. Participants have choices in their activities and the goals they would like to accomplish. Balance believes that it is important each person is able to choose their daily activities and be able to achieve their goals. Although many of Balance's Participant Volunteer opportunities serve to strengthen skills that would be appropriate for outside employment, Balance does not provide Integrated Employment Services. Individuals' participation is encouraged in such services provided by other agencies. Balance will work to allow for its inclusion in their Day Program schedule, and help to arrange Taxi or other transportation to employment.

Balance's Day Program has a fleet of vehicles that allow for safe transportation to and from daily activities and volunteer jobs. Transportation to and from the Program are the responsibility of the participant/guardian. Balance also supports individuals' use of the Ozaukee Shared Ride Taxi services.

