



## **An Enrichment Program for Young Adults with Special Needs**

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As you consider the best path for your loved one, we're so excited to share how our unique program, specifically designed for young adults with disabilities, can provide them with an exceptional experience. Our mission is to cultivate a truly inclusive and loving environment where every individual blossoms, learns, and forms beautiful friendships.

**Program Overview:** At Aspiring-Steps, we're passionate about nurturing developmental growth through a range of engaging activities that emphasize vital social skills, clear communication, and healthy emotional regulation.

**Daily Schedule:** Each day at Aspiring-Steps is filled with thoughtfully planned activities to spark learning and creativity. A glimpse into our typical schedule includes:

- **Structured Learning Activities:** Engaging sessions focused on building individual skills and achieving personalized goals.
- **Outdoor/indoor Exercise:** Wonderful opportunities for developing gross motor skills through joyful play in a safe and supportive setting.
- **Creative Arts and Crafts:** Fun activities that encourage self-expression and the development of fine motor skills.
- **Community Outings:** Fun community activities to put in practice their social skills, knowledge about the community, and to have fun.

We know that community outings can be scary for families. We strongly believe that community outings are an integral part of our program, providing experiential learning opportunities and fostering connections with the wider community. These outings, which may include visits to museums, restaurants, fire stations, police stations, zoos, trails, parks, and others are carefully chosen to align with our weekly themes and provide practical application of skills such as communication, money management, and social interaction, all within a safe and supportive framework.



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We sincerely hope you'll see the care and dedication we put into creating a special place for your young adult and that you'll choose to give them the opportunity to thrive with us at Aspiring-Steps!

### Sample schedule of what a week would look like

<b>Monday: Focus on Communication and Social Skills</b>			
<b>Time</b>	<b>Activity</b>	<b>Focus</b>	<b>Skills Supported/Taught</b>
8:00 - 8:30 AM	Arrival and Morning Social & Preparation	Settling in, informal interaction, preparing for the day's activities	Social Initiation: Greeting others, starting conversations. Following Instructions: Understanding and carrying out simple tasks to prepare for the day.
8:30 - 9:30 AM	Breakfast Cooking & Mealtime	Basic cooking skills, food safety, teamwork, social interaction	Practical Life Skills: Measuring ingredients, following recipes, basic food preparation. Teamwork & Collaboration: Working together to prepare a meal. Social Communication: Conversing during mealtime, sharing.
9:30 - 10:30 AM	Communication Skills Workshop	Verbal and non-verbal communication, active listening, expressing needs	Verbal Communication: Articulating thoughts and feelings clearly. Non-Verbal Communication: Understanding body language, facial expressions. Active Listening: Paying attention and responding thoughtfully. Self-Advocacy: Learning to express personal needs and preferences.
10:30 - 11:30 AM	Social Skills Group Activities	Role-playing social scenarios, practicing conversations, building rapport	Social Interaction: Initiating and maintaining conversations. Empathy: Understanding and responding to the feelings of others. Problem-Solving: Navigating social challenges through role-play. Relationship Building: Developing friendships and connections.
11:30 AM - 12:30 PM	Lunch Cooking & Mealtime	Reinforcing cooking skills, teamwork, social interaction	Practical Life Skills: Reinforcing cooking techniques. Teamwork & Collaboration: Continuing to work together. Social Communication: Further opportunities for



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Monday: Focus on Communication and Social Skills			
Time	Activity	Focus	Skills Supported/Taught
			interaction.
12:30 - 1:30 PM	Independent Time/Quiet Activities	Choice of individual activities, relaxation, personal projects	Self-Regulation: Choosing calming activities. Independent Engagement: Pursuing personal interests. Decision-Making: Selecting activities.
1:30 - 3:00 PM	Peer Support and Sharing Circle	Creating a safe space for sharing experiences, offering support, building empathy	Emotional Literacy: Identifying and expressing emotions. Empathy and Compassion: Understanding and sharing the feelings of others. Support Systems: Learning to offer and receive support. Group Cohesion: Building a sense of belonging.
3:00 - 3:45 PM	Cooperative Games and Team Building Activities	Working together, problem-solving as a team, fostering collaboration	Teamwork: Collaborating to achieve a common goal. Communication: Expressing ideas and listening to others within a team. Problem-Solving: Working together to overcome challenges. Social Inclusion: Encouraging participation from everyone.
3:45 - 4:00 PM	Wrap-up and Departure	Review of the day, positive closing, preparing to leave	Review and Reflection: Summarizing key learning points. Closure: Practicing saying goodbye and transitioning.

Tuesday: Focus on Daily Living Skills and Creative Expression			
Time	Activity	Focus	Skills Supported/Taught
8:00 - 8:30 AM	Arrival and Morning Social & Preparation	Settling in, informal interaction, assisting with breakfast setup (optional)	Social Interaction: Greeting and interacting with peers and staff. Initiative: Offering to help with setup. Following Routines: Understanding the start of the day.



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Tuesday: Focus on Daily Living Skills and Creative Expression			
Time	Activity	Focus	Skills Supported/Taught
8:30 - 9:30 AM	Breakfast Cooking & Mealtime	Basic cooking skills, food safety, teamwork, social interaction	Practical Life Skills: Measuring, mixing, and preparing simple foods. Safety Awareness: Learning about kitchen safety. Teamwork: Sharing tasks and responsibilities. Social Skills: Conversing and sharing during the meal.
9:30 - 10:30 AM	Grooming and Personal Care Skills	Hair care, skin care, nail care, dressing skills (individualized)	Self-Care: Developing independence in personal hygiene tasks. Fine Motor Skills: Practicing dexterity needed for grooming activities. Body Awareness: Understanding personal needs and routines.
10:30 - 11:30 AM	Creative Expression Workshop (Rotating Themes)	Art, music, movement, sensory exploration	Creativity and Imagination: Exploring different forms of self-expression. Fine and Gross Motor Skills: Developing coordination through art and movement. Emotional Outlet: Providing a healthy way to express feelings. Sensory Integration: Exploring different sensory experiences.
11:30 AM - 12:30 PM	Lunch Cooking & Mealtime	Reinforcing cooking skills, teamwork, social interaction	Practical Life Skills: Building on previous cooking skills. Teamwork: Continued collaboration. Social Engagement: Interacting with peers and staff.
12:30 - 1:30 PM	Independent Time/Quiet Activities	Choice of individual activities, relaxation, personal projects	Self-Direction: Making choices about how to spend free time. Relaxation Techniques: Learning to unwind and engage in calming activities. Focus and Concentration: Engaging in individual tasks.
1:30 - 3:00 PM	Life Skills Workshop (Rotating Themes)	Communication, social skills, basic home management, safety awareness	(Dependent on Theme): Communication: Practicing specific communication strategies. Home Management: Learning basic organizational skills. Safety Awareness: Identifying and responding to potential risks. Problem-Solving: Addressing everyday



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Tuesday: Focus on Daily Living Skills and Creative Expression			
Time	Activity	Focus	Skills Supported/Taught
			challenges.
3:00 - 3:45 PM	Group Activity/Themed Discussion	Social interaction, connection, discussion on relevant topics	Social Participation: Engaging in group activities. Communication: Expressing opinions and ideas. Critical Thinking: Engaging in discussions. Active Listening: Respecting and considering the perspectives of others.
3:45 - 4:00 PM	Wrap-up and Departure	Review of the day, positive closing, preparing to leave	Memory and Recall: Reviewing the day's events. Transition Skills: Preparing to leave and saying goodbye.

Wednesday: Focus on Vocational Exploration and Technology Skills			
Time	Activity	Focus	Skills Supported/Taught
8:00 - 8:30 AM	Arrival and Morning Social & Preparation	Settling in, informal interaction, preparing for the day's activities	Social Interaction: Greeting and interacting with peers and staff. Organization: Preparing materials for the day.
8:30 - 9:30 AM	Breakfast Cooking & Mealtime	Basic cooking skills, food safety, teamwork, social interaction	Practical Life Skills: Preparing a meal. Safety Awareness: Reinforcing kitchen safety. Collaboration: Working together effectively. Communication: Interacting during the meal.
9:30 - 10:30 AM	Basic Technology Skills Workshop	Computer basics, internet safety, using assistive technology (if applicable)	Digital Literacy: Learning fundamental computer skills (typing, mouse use). Information Literacy: Understanding how to navigate the internet safely. Assistive Technology Skills: Learning to use tools that support their individual needs. Problem-Solving: Troubleshooting basic tech issues.



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<b>Wednesday: Focus on Vocational Exploration and Technology Skills</b>			
<b>Time</b>	<b>Activity</b>	<b>Focus</b>	<b>Skills Supported/Taught</b>
10:30 - 11:30 AM	Vocational Skills Exploration (Rotating Themes)	Introduction to different career paths, guest speakers, informational videos	Career Awareness: Learning about various job options and industries. Information Gathering: Developing research skills. Listening Skills: Paying attention to speakers and presentations. Goal Setting: Thinking about potential future career paths.
11:30 AM - 12:30 PM	Lunch Cooking & Mealtime	Reinforcing cooking skills, teamwork, social interaction	Practical Skills: Building on cooking abilities. Teamwork: Continued collaboration in meal preparation. Social Skills: Interacting with peers.
12:30 - 1:30 PM	Independent Time/Quiet Activities	Choice of individual activities, relaxation, personal projects	Self-Regulation: Choosing activities that promote calm and focus. Autonomy: Making independent choices. Skill Development: Practicing personal hobbies or skills.
1:30 - 3:00 PM	Project-Based Learning (Vocational Focus)	Working on small projects related to potential vocational interests	Task Completion: Following through on a project. Problem-Solving: Overcoming challenges within the project. Creativity and Innovation: Developing new ideas within a vocational context. Time Management: Planning and organizing steps for the project.
3:00 - 3:45 PM	Planning for Future (Goals & Aspirations)	Discussing personal goals, exploring future possibilities, self-advocacy	Self-Reflection: Thinking about personal interests and goals. Self-Advocacy: Learning to articulate aspirations and needs. Decision-Making: Considering different pathways for the future. Planning and Organization: Developing steps to achieve goals.
3:45 - 4:00 PM	Wrap-up and Departure	Review of the day, positive closing, preparing to leave	Memory and Recall: Reviewing the day's activities and learning. Transition Skills: Preparing to leave the program.



## An Enrichment Program for Young Adults with Special Needs

Thursday: Focus on Community Engagement and Independent Living Skills			
Time	Activity	Focus	Skills Supported/Taught
8:00 - 8:30 AM	Arrival and Morning Social & Preparation	Settling in, informal interaction, assisting with breakfast setup (optional)	Social Interaction: Engaging with peers and staff. Responsibility: Contributing to the morning routine.
8:30 - 9:30 AM	Breakfast Cooking & Mealtime	Basic cooking skills, food safety, teamwork, social interaction	Practical Life Skills: Preparing and enjoying a meal. Safety: Understanding food handling and kitchen safety. Cooperation: Working together. Communication: Interacting during the meal.
9:30 - 10:30 AM	Independent Living Skills Workshop (Rotating Themes)	Money management, transportation & navigation, healthy habits	(Dependent on Theme): Financial Literacy: Learning basic budgeting and money skills. Navigation Skills: Understanding how to use public transportation or find directions. Health and Wellness: Learning about nutrition and healthy habits. Problem-Solving: Addressing challenges related to independent living.
10:30 - 11:30 AM	Community Exploration/Preparation	Planning for outings, researching local resources, practicing related skills	Planning and Organization: Participating in the planning of community outings. Research Skills: Learning about local resources. Pre-Vocational Skills: Developing skills like map reading or understanding bus schedules. Decision-Making: Contributing to choices about outings.
11:30 AM - 12:30 PM	Lunch Cooking & Mealtime	Reinforcing cooking skills, teamwork, social interaction	Practical Skills: Further developing cooking abilities. Collaboration: Working together on meal preparation. Social Skills: Interacting with others.
12:30 - 2:30 PM	Community Outing	Experiencing community resources, practicing social skills in public	Social Skills in Public: Practicing appropriate behavior in community settings. Communication: Interacting with members of the public. Navigation Skills: Applying transportation or wayfinding skills.





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Thursday: Focus on Community Engagement and Independent Living Skills			
Time	Activity	Focus	Skills Supported/Taught
			Independence: Experiencing activities outside of the program setting.
2:30 - 3:15 PM	Social Skills Practice & Reflection on Outing	Discussing outing experiences, practicing social interactions	Reflection: Thinking about experiences and how they felt. Social Analysis: Discussing social interactions and identifying effective strategies. Communication: Sharing experiences and asking questions.
3:15 - 3:45 PM	Independent Time/Quiet Activities	Choice of individual activities, relaxation, personal projects	Self-Direction: Choosing enjoyable and calming activities. Relaxation: Practicing stress-reducing techniques. Personal Growth: Engaging in individual pursuits.
3:45 - 4:00 PM	Wrap-up and Departure	Review of the day, discussion of the outing, positive closing	Memory and Recall: Reviewing the day's community experience. Transition Skills: Preparing to leave and reflecting on the day.

Friday: Focus on Creative Arts, Wellness, and Review			
Time	Activity	Focus	Skills Supported/Taught
8:00 - 8:30 AM	Arrival and Morning Social & Preparation	Settling in, informal interaction, preparing for the day's activities	Social Engagement: Greeting peers and staff. Following Instructions: Understanding the plan for the final day of the week.
8:30 - 9:30 AM	Breakfast Cooking & Mealtime	Basic cooking skills, food safety, teamwork, social interaction	Practical Life Skills: Preparing a meal together. Safety Awareness: Reinforcing food safety practices. Teamwork: Collaborating in the kitchen. Social Communication: Interacting during breakfast.





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Friday: Focus on Creative Arts, Wellness, and Review			
Time	Activity	Focus	Skills Supported/Taught
9:30 - 10:30 AM	Creative Arts Workshop (Extended Session)	Longer session for in-depth art projects, drama activities, or creative writing	Creativity and Imagination: Exploring artistic expression in more depth. Fine and Gross Motor Skills: Developing coordination through chosen art forms. Emotional Expression: Using art as a medium for feelings. Focus and Concentration: Engaging in longer creative projects.
10:30 - 10:45 AM	Sensory Break & Refreshments	Quiet break, healthy snacks and drinks	Self-Regulation: Recognizing and responding to sensory needs. Healthy Habits: Understanding the importance of breaks and nutrition.
10:45 - 11:45 AM	Wellness and Self-Care Activities	Gentle exercise, mindfulness, relaxation techniques, stress management	Physical Wellness: Engaging in gentle movement. Emotional Regulation: Learning techniques to manage stress and promote calm. Self-Awareness: Understanding personal well-being.
11:45 AM - 12:45 PM	Lunch Cooking & Mealtime	Reinforcing cooking skills, teamwork, social interaction	Practical Skills: Continuing to develop cooking abilities. Collaboration: Working together on the final meal of the week. Social Interaction: Enjoying a meal together.
12:45 - 1:45 PM	Independent Time/Quiet Activities	Choice of individual activities, relaxation, personal projects	Autonomy: Making independent choices about leisure time. Relaxation: Practicing self-soothing activities. Personal Interests: Pursuing hobbies and interests.
1:45 - 3:00 PM	Program Review and Future Planning	Group discussion about the week, feedback on activities, suggestions for the future	Reflection: Thinking critically about the week's experiences. Communication: Expressing opinions and providing feedback. Collaboration: Contributing to future program planning. Self-Advocacy: Sharing personal preferences and needs.



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<b>Friday: Focus on Creative Arts, Wellness, and Review</b>			
<b>Time</b>	<b>Activity</b>	<b>Focus</b>	<b>Skills Supported/Taught</b>
3:00 - 3:45 PM	Fun Group Activity/Celebration of the Week	Games, music, or a lighthearted activity to end the week on a positive note	Social Engagement: Participating in enjoyable group activities. Team Spirit: Building camaraderie and positive relationships. Celebration: Recognizing accomplishments and positive experiences.
3:45 - 4:00 PM	Wrap-up and Departure	Review of the week, positive closing, preparing for the weekend	Summarization: Recalling key moments from the week. Transition Skills: Preparing to leave and looking forward to the weekend.

### **Level of Support and Enrollment**

Aspiring Steps is for individuals with developmental disabilities who can participate in group activities, follow instructions, communicate needs verbally or expressively. They should be able to manage personal hygiene with minimal support and not require mobility support. Our enrollment process involves a brief initial trial and assessment period to ensure that the program is a good mutual fit for your loved one to thrive.



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### **Program Costs and Sessions**

**We are currently private pay but in the process of completing licensing and credentialing to accept government program funds**

**Program Registration fee (for annual set-up & Supplies): \$120**

3 Days/Week (5 hours) 8:00AM to 1:00 PM or 11:00AM to 4:00PM	\$150 weekly or \$225 weekly with extended time included - extended by one hour until 5:00pm
5 Days/Week (5 hours) 8:00AM to 1:00 PM or 11:00AM to 4:00PM	\$250 weekly or \$375 weekly with extended time included - extended by one hour until 5:00pm

3 Days/Week (8 hours) 8:00AM to 4:00PM	\$240 weekly or \$315 weekly with extended time included - extended by one hour until 5:00pm
5 Days/Week (8 hours) 8:00AM to 4:00PM	\$350 Weekly or \$475 weekly with extended time included - extended by one hour until 5:00pm

**Note: If you need something different, please don't hesitate to contact us and let us know. A minimum of 15 hours is required per week.**



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### Items needed

To help your young adult make the most of our program, please provide the following clearly labeled personal items:

- **Backpack:** This will be used daily to carry personal belongings, activity supplies, and items to and from home.
- **Personal Mealtime Supplies:** A placemat, plate, bowl, cup, and set of utensils. Having their own set supports hygiene and provides a consistent experience during meals and when practicing table setting skills.
- **Individual Bathroom Items:**
  - Toothpaste and Toothbrush: For maintaining personal dental hygiene.
  - Hairbrush and Hair Accessories (as applicable): To assist with daily grooming.
  - Nail Clipper: For personal nail care.
- **Sun Safety Gear:** Sunglasses and a hat are essential for protecting against the sun during outdoor activities.
- **Water Play Attire:** A swimsuit or comfortable clothes suitable for getting wet, for any water-based activities we may offer.
- **Personalized Sports Equipment:** A jump rope that is appropriately sized for your young woman, along with comfortable sports clothing for participation in physical activities 2-3 times per week. Clients will be responsible for laundering their sports clothing during their vacation time to ensure they are ready for each session.
- **Optional Spa Day Comforts (as applicable):** If your young adult enjoys manicures and pedicures, you may also include:
  - Nail polish (if applicable and aligns with program guidelines)
  - Emery board/nail file
  - Toe separators
  - Hand lotion
- **Feminine Hygiene Products (for women):** If applicable, please provide pads.