

HABILITATION PROGRAMS

Building the life you want starts with choosing how you spend your time and talents. We are excited to provide habilitation programs rooted in community engagement and relationship building. New volunteer opportunities and community activities are available for each participant to choose from each day. Based on input from our participants, we are continually growing new relationships so they can have the life they deserve.



Community Habilitation

Provides individual and small group skills training based on each strength, interests and Life Plan.

SUNDAY - SATURDAY
8AM - 9PM

Day Habilitation

Provides the same interest-driven volunteer and community engagement activities with the added support of medication administration and nursing services.

MONDAY - FRIDAY
8AM - 6PM

Daily Activities

- Cooking Classes
- Art Classes
- Dance Classes
- Create your own Greeting Cards
- Walking Club
- Nails and Make-up
- Self Advocacy
- Photography
- Money Management
- Grocery Shopping

- ✓ No cost to families
- ✓ Transportation provided

Volunteer Opportunities

- Animal Shelters
- Meals on Wheels
- Nursing Homes
- Blooming Kindness

- ✓ Individualized life planning
- ✓ Structured multi-day schedules

Blooming Kindness

Blooming Kindness is a community service project created by individuals supported by Cayuga Centers. We transform lightly used donated flowers into beautiful bouquets, which are delivered with kindness and conversation to our friends and neighbors at local hospitals and nursing homes who rarely get visitors. The giver and receiver of a kind gesture experience joy. People receiving the bouquets highly appreciate the thoughtful gesture.



cayugacenters.org/bloomingkindness

RESPITE PROGRAMS

In both weekday and weekend respite, participants are provided with peer interactions, skills development, and community outings in safe, engaged group settings. Respite programs help to provide parents and caregivers a needed break.



Weekday Respite

Individuals select recreational activities that include sports, crafts, board games, video games, and volunteer opportunities while building friendships and learning new skills. This service also supports family members by providing time away from their caregiving responsibilities. Transportation may be available. Currently serving Cayuga and Onondaga Counties.

MONDAY - FRIDAY
2PM - 9PM School Days
8AM - 9PM Non-School Days

Weekend Respite

This program provides individuals an opportunity to socialize and recreate from Friday evening through Sunday afternoon. This service provides family members a break from their caregiving role for a full weekend. To qualify individuals must live at home with their family. Medication administration support and transportation is also available. Our new Respite House has all single bedrooms.

FRIDAY - SUNDAY
Overnight Program

Recreation Activities

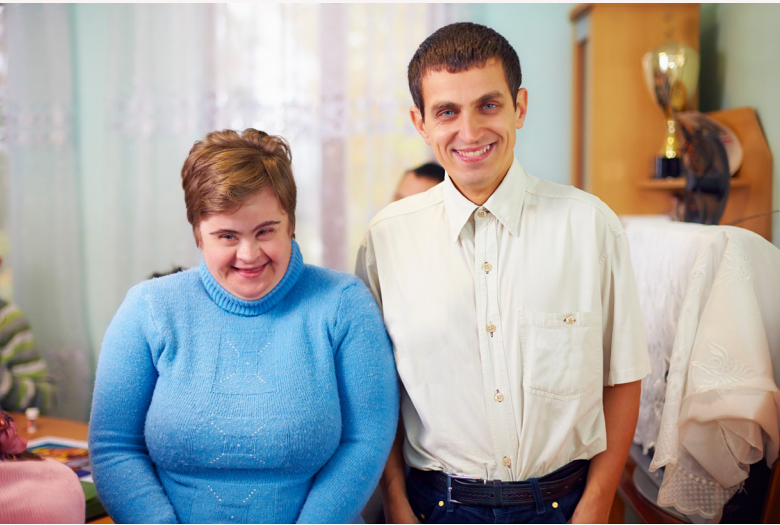
- Sports
- Crafts
- Board Games
- Video Games
- Shopping
- Hiking

Volunteer Opportunities

- Animal Shelters
- Meals on Wheels
- Nursing Homes
- Blooming Kindness

- ✓ No cost to families
- ✓ Transportation provided
- ✓ Structured schedules

ADDITIONAL SUPPORTS



FAMILY REIMBURSEMENT

This service provides up to \$3,000 each year for expenses related to the care of a family member with a developmental disability. Families submit receipts for qualifying expenses and are reimbursed. This service is available to families who live in Cayuga and Onondaga Counties.

ENGAGEMENT SKILLS TRAINING

This service provides assessment and skill-building to help individuals gain necessary skills to participate in services without one-on-one staff support. A licensed Behavior Analyst works with the individual to identify strengths, interests and need areas. This information is then used to develop a plan to build the necessary skills and environmental supports for the individual to be independently successful. Currently serving Cayuga, Cortland, Onondaga and Oswego Counties.



INDEPENDENT LIVING SKILLS

This additional service provides training and support for individuals living in their own home or apartment, including those living in **Spring Village Apartment** units. Meal planning, cooking, shopping, banking, budgeting, cleaning, developing recreation opportunities, volunteering and problem solving are just some of the areas of support included. Currently serving Cayuga and Onondaga Counties.

