

# adult & family services



**Adult and family services assist individuals with developmental or other disabilities to fully participate in their community through employment, educational, recreational, social, and volunteer activities. Using community resources and experiences, life coaches and job coaches assist individuals to acquire or expand their skills.**

## for more information, or to register, contact:

**Abilities United 525 East Charleston Road in Palo Alto, CA  
650-494-0550    [info@AbilitiesUnited.org](mailto:info@AbilitiesUnited.org)    [AbilitiesUnited.org](http://AbilitiesUnited.org)**

## adult day activities

Learn household tasks, and community life skills. Group activities include:

- Community living
- Communication
- Social/recreational
- Motor skills

## community connections

Volunteer, make new friends, learn new things; give back to your community. Group activities include:

- Volunteer jobs
- Education
- Communication (TV shows)
- Community resource access

## employment services

Find a job that matches your skills and interest. One-to-one services include:

- Job application techniques
- Interview techniques
- Personal, vocational, social adjustment (PVSA)
- Job placement
- Job coaching

## integrated living services (for adult residents of 1585 Studios)

Learn the life skills needed to be self-sufficient and live independently in this two-year program.

- Academic transition
- Job and career
- Independent living
- Social
- Health and wellness



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## independent living skills

Learn the daily living skills you need to be as independent as possible. One-to-one services include:

- Time management
- Money management
- Social skills
- Household management

## tailored day services

Customized one-to-one training to develop household and community life skills.

- Volunteer jobs
- Computer usage
- Social
- Post-Secondary Education
- Daily living skills
- Special interest opportunities

## after school socialization (ages 5-22)

Structured activities for children and young adults.

- Socialization and peer interaction
- Communication skills
- Motor skills
- Adapted physical education
- Sensory activities
- Summer camps

## computer education

Personal growth and development through the use of technology.

- Computer usage and safety
- Daily living skills
- Communication tools and techniques
- Finance skills
- Job search tools and techniques

## respite services

Life balance for families.

- In-home or community care
- Family centered
- Culturally sensitive
- CPR certified companions
- First Aid certified companions

## aquatic services

Warm-water exercise throughout the Peninsula and South Bay.

- Personal training
- Swim lessons
- Adapted aquatics

## art program

Artists of all abilities and backgrounds create original works as well as exhibit and sell their art throughout the Bay Area, nationally, and internationally.

- Art framing and storage
- Digital/print promotion of artists and exhibits
- Sales management and tracking
- Art exhibitions throughout the Bay Area and online
- Art instruction by art professionals and artists using various mediums



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