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 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
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