

Enlightening Experiences



Enlightening Experiences Day Support program is designed to assist individuals with improving upon or retain their daily life skills. Read below to see the skills that our program focuses on.

Communication: Communication skills are the core of all other skills. Knowing how to impart your feelings and ideas to others is necessary in every aspect of living. *Enlightening Experiences* assist our individuals with their communication skills no matter their communication level. *Enlightening Experiences* focuses on helping a person make friends and relate to family members effectively.

Self-knowledge: Self knowledge skills are instrumental in finding your purpose. This can only be achieved through the awareness of your ambitions, goals and aims. *Enlightening Experiences* also helps our individuals understand and accept their own abilities and limitations.

Relationships: Relationships is the key for working with a team and making friends. Having relationship skills mean that you know how to build and keep a bond and a rapport with others.

Home and Money Management: Home management within *Enlightening Experiences* program would consist of how to make simple foods, clean up after themselves and how to operate household appliances safely. Money management skills within our program start with how to identify U.S coins and dollars and end with how to earn and save money.

Community integration: Being a part of a community helps our individuals stay connected and be involved. *Enlightening Experiences* provides our individuals with the opportunity to volunteer or participate in community activities in their area. They also learn the importance of manners and etiquette while in a social setting.

Pre-vocational/Work: *Enlightening Experiences* teaches the importance of getting to work on time, maintaining their schedule, task completion, safety, and social integration skills appropriate for the workplace. All of our individuals have the chance to perform work related tasks daily. They have the opportunity to run shifts with answering the phone in the front office and closing up the facility in the evening.

Personal Care & Safety: *Enlightening Experiences* focuses on this skill by teaching our individuals on being able to care for oneself and staying out of harm's way. This skill includes personal hygiene, health management and physical fitness. This safety skill would focus on avoiding situations or individuals who may be dangerous as well as knowing how to handle an emergency situation like fire and disaster evacuations.

Problem Solving: Everyone has to face problems at one time or another in their lives, so the development of problem solving is crucial. *Enlightening Experiences* is here to assist our individuals on how to clearly identify the problem, choose an alternative choice and implement the best solution. But most of all they need to be able to determine if a problem is too much for them to handle and when help from others is required.