



Empowering Independence and at JCHAI and Beyond

A Presentation by

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grew as the answer to what would happen to children with disabilities when they grew up...



- All parents worry about their children's future, but when your family member has a disability, the transition to independence can be a lot scarier. Many with autism or developmental disabilities continue to depend on their families as adults, without finding the supports they need to join communities, and so they fail to develop independence beyond their families.



- **JCHAI fosters independence for a safe, full & happy life.**

JCHAI's Roots are Run 30 Years Deep

JCHAI was created in 1987 by local parents who designed a program to foster independence and create community for their children with Autism, Fragile X, Down Syndrome, and other IDs, as they aged into adults. We have blossomed, and continue to evolve, into a comprehensive continuum of options for adults 18 and older with autism and/or intellectual disabilities.



JCHAI empowers adults with disabilities to
have fun, live, and work independently
in the community.

We have many supportive programs

JCHAI at Home
JCHAI Transitions
JCHAI Apartments



<i>Monday</i>	Laundry: Sheets, bedding, & catch up	Quick kitchen clean up
<i>Tuesday</i>	Floors Mopping and thorough vacuum	15-minute pick-up + smudge patrol
<i>Wednesday</i>	Errand Day Schedule next week's too	Car and entry way clean up
<i>Thursday</i>	Bathrooms	That's enough right?
<i>Friday</i>	Deep kitchen clean	Dusting
<i>Saturday</i>	Project Day	
<i>Sunday</i>	Prepare for the week	



Tasks to do every day

- Do the dishes and sanitize food preparation areas.
- Sweep or quick vacuum high traffic areas as needed.
- Wipe down the bathroom sink & toilet.
- Put your stuff away.
- Check your schedule.





JCHAI & Employment

- Last year, 77% of our JCHAI members were employed at least part time in paid, competitive, integrated employment.
- 100% of JCHAI members participated in regular volunteer opportunities.
- In 2014, 17.6 percent of persons with a disability were employed, the U.S. Bureau of Labor Statistics reported today. In contrast, the employment-population ratio for those without a disability was 64%
- JCHAI uses our social capital and we work with OVR and have special relationships with some local OVR-Funded programs.



JCHAI *at Home*

JCHAI at Home (& around town!)
Social workers and behavior specialists provide 1:1 assistance with all activities necessary for members to live in their own residences or learn the skills necessary to develop increasing independence to be able to eventually transition to their own home. We coach life skills such as independent travel, banking, shopping, effective social interactions to build strong relationships, safety, personal maintenance, and vocational skills.



time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
7:30		wake, shower, brush hair & teeth	wake, shower, brush hair & teeth	wake, shower, brush hair & teeth	wake, shower, brush hair & teeth	wake, shower, brush hair & teeth					
8:00	wake, shower, brush hair & teeth	breakfast	breakfast	breakfast	breakfast	breakfast	wake, shower, brush hair & teeth				
8:30	breakfast	leave for Project Search	leave for Project Search	leave for Project Search	leave for Project Search	take CCT	breakfast				
9:00		internship	internship	internship	internship	internship					
9:30	take walk										
10:00											
10:30											
11:00											
11:30	prepare lunch								prepare lunch		
12:00	lunch								lunch		
12:30											
1:00	clean up kitchen								clean up kitchen		
1:30	social activity (ADD, JCHAI Café, family or friends)						JCHAI @ 2:15	JCHAI @ 2:15	JCHAI @ 2:15	CCT ride home	social activity (ADD, JCHAI Café, family or friends)
2:00											
2:30		food shop, organize kitchen, throw out old food	Call CCT for Fri rides	clean bathroom	clean bedroom	down time: books on tape, computer time, word finds					
3:00			straighten up apartment		laundry (dry shirts 10 mins, then hang!)						
3:30		gym with Sal	take walk with staff to library	dust, clean floors	gym with Sal						
4:00											
4:30		cook 2 main meals for week; clean up kitchen while food cooks	prepare dinner	prepare dinner	prepare dinner						
5:00			clean up kitchen	clean up kitchen	clean up kitchen	prepare dinner (if eating home)					
5:30	eat dinner	eat dinner	eat dinner	eat dinner at home (or friend's with parents)	eat dinner	eat dinner	eat dinner				
6:00	clean up kitchen	cut fingernails	brush teeth		call friends for weekend plans!	clean up kitchen	clean up kitchen				
6:30	down time options: spider solitaire or music	down time options: spider solitaire or word search	ADD		music	down time options: computer time or music	down time: listen to books on tape or read books	down time: word find or spider solitaire			
7:00											
7:30	brush teeth	brush teeth			brush teeth	brush teeth	brush teeth	brush teeth			

DAY	breakfast	lunch	dinner	2-3 healthy snacks per day
Monday	1 cup cereal with milk; 1/2 cup apple juice	turkey slices and shredded lowfat cheese on 2 slices bread, grapes	chicken parmesan, canned beans	handful of nuts, celery, apple
Tuesday	1 cup cereal with milk; 1/2 cup apple juice	Lean Cuisene, celery	fish (tilapia or salmon), peas, 1/2 cup pasta	grapes, frozen yogurt
Wednesday	oatmeal, 1/2 cup apple juice, handful of grapes	sliced chicken or turkey sandwich, apple	1 cup vegetable soup, chicken teryaki	celery, 2 cups popcorn
Thursday	1 cup cereal with milk; 1/2 cup apple juice	vanilla yogurt, vegetarian corn dogs (2)	mashed cauliflower, vegetarian chili	sliced peppers, grapes, handful of nuts
Friday	1 cup cereal with milk; 1/2 cup apple juice	chicken teryaki, sliced peppers	corn, chicken (teryaki or parmesan)	frozen yogurt, apple
Saturday	eggs (2) or Eggbeaters with lowfat cheese; veggie bacon	1/2 cup apple juice, tuna salad sandwich with light mayo on whole grain bread with onion & tomato	vegetarian chili, celery	2 cups popcorn, grapes
Sunday	1 cup cereal with milk; 1/2 cup apple juice	fish patties (freezer), carrot sticks, beans	turkey burger, veggie salad (corn, beans, peppers, olive oil, seasoning)	celery, grapes, apple



JCHAI

Transitions



JCHAI *Transitions* *Calendar*

- Weekday Evening Classes with Dinner
- Sample Classes:
 - *Robotics, Let's Make Soup Salads & Sandwiches, "What Would You Do If?" Values Clarification, Resume & Interview Skills & Workplace Dilemmas, Crafts, Pet Therapy, Workshops, Express Yourself- MultiMedia Storytelling, Money Management, Drumming, Holiday Cooking Classes & more.*
- Weekend Trips to festivals, plays, museums, sports, parties, games & more!
- Summer Vacation and trips for FUN and Independence.
- Personal & Holiday Celebrations and parties!





JCHAI is Collaborative

- JCHAI members are not limited to JCHAI activities.
- Our members travel all around town! We collaborate with &/or participate in:
- Project SEARCH, several YMCA's & local gyms, AADD, Main Line Art Center, Special Olympics, Music Training Center, Bible Study, Acting Antics, Best Buddies, Challah for Hunger w/ Bryn Mawr & Haverford College students, Nellie's Schoolhouse (pet therapy), Tri-College Chabad, Carousel Connections, area colleges, churches, synagogues, and more!



Learn more at www.jchai.org

Visit our Facebook page!



JCHAI Apartment Program

JCHAI staff assist members who live in clustered apartments throughout **The Radwyn**.

JCHAI members often cook & eat dinner together including Friday night dinners. This program has day & evening staffing and 24-hour, after-hours on-call emergency staff response.

Residents are taught all skills in order to maintain their lives as independently as possible, including cooking, cleaning, shopping, banking, personal maintenance, appropriate social behavior, transportation training, and vocational skills.

Intellectual Disabilities – As of May 31, 2019



Funding questions for Adults with Developmental Disabilities

- Funding for Adults with Developmental Disabilities is through Medicaid and supervised federally by CMS.
- Growing funding crisis – people with disabilities are living typical lifespans, which dramatically increases the amount of money necessary to support them.
- Insufficient resources to continue with the existing system. Pennsylvania, for example, has a waitlist of over 13,000 people with intellectual disabilities for funding. Texas has over 130,000 people!

Poverty and People with Disabilities

- 26% of Americans with a disability live in poverty; 11% of Americans without a disability live in poverty.
- 15 million Americans have a cognitive disability – over one-third of all people with disabilities.
- Only 27% of Americans living in the community with a cognitive disability are employed.



New approaches needed to address funding

- Competitive, integrated employment (CIE) leads to self-support
- Changes to qualifications for Medicaid supports
- ABLE Act
- Affordable housing and separate services