

7811 La Mesa Blvd.

Hope Inc – COMMUNITY CARE FACILITY

Business Operations Narrative

Description of Business Operations:

HOPE Inc. is a non-behavioral adult day center (ADC) dedicated to providing high quality support to individuals with intellectual disabilities (Intellectual Disabilities, Down Syndrome, Epilepsy, Cerebral Palsy and Autism). Working along with the Department of Developmental Services (DDS), San Diego Regional Center, and other associations, HOPE Inc. aims to achieve the client's highest life skill potential.

With our previous success, HOPE Inc. now serves four locations, three-day programs located at the City of Lemon Grove, one at the city of Chula Vista, and now, we aim to provide our support services at our recent expansion to the City of La Mesa.

By providing educational opportunities and promoting self-efficacy, the program seeks to work towards a future where all people whose needs limit their integration into the community can reach their highest level of potential as productive and responsible members of society (Regional Center, 2013).

HOPE Inc. hours of operation consist of Monday through Friday from 8:00 am to 2:00 pm at 7811 La Mesa Blvd Suite A & E with a demographic population of 18 and 59 years old.

Transportation will be provided by public transportation MTS/City busses, two company vans will be parked inside parking lot in designated area. (designated parking will be posted inside property and no overnight van parking).

Loading and off-loading will be designated inside the property parking lot in by the handicap parking, in designated pick up and drop off spot.

MTS route #1 will be taken when accessing the community as well as the San Diego trolley.

Company overview / Services:

HOPE Inc. is a community-based program which provides assistance with daily living activities, personal care, and supervision for our clients protection. The adult developmental program is designed to assist clients in making age-appropriate choices in selecting recreational and leisure activities in the community, with the goal of developing natural relationships for support (i.e., exercise classes, library visits, bowling, museums and galleries, and art classes, as well as seasonal and other activities that meet other interests and preferences).

Daily Programming Schedule:

At least every day 50% of the clients will access the community via MTS route #1 will be taken when accessing the community as well as the San Diego trolley.

Clients will benefit for a variety of daily living skills training as followed:

8:00a.m. – 9:45a.m.

Check-in, daily attendance, health checks, dress for success, grooming and hygiene, toileting, self-care program, review of the HOPE Inc. code of conduct (Adult Development Center rules) and a review of the activities schedules/choices to be made about the events of the day.

9:45a.m. – 10:45a.m.

First group session of the day. Session may include group work on specific independent living, vocational development programs, mobility training, or the senior development program. In house or community paid work opportunities, client council meetings/guest speakers, self-advocacy meetings (sexuality education), prepping and leaving for outings, music classes, exercise classes, art classes, dance classes, socialization skills classes, money management classes, safety skills classes.

10:45a.m. – 11:00a.m.

Self-care including hand washing, lunch setup and preparation, social etiquette and table manners programs are run throughout setup and lunchtime. Some clients may leave the site with staff to walk or drive to nearby restaurants or fast food establishments to purchase lunch. Community safety skills, purchase skills, and socialization skills are worked on during that time.

11:00a.m. – 12:00p.m.

Clients may have lunch in the community or at the day program. Interpersonal relationship skills, recreation and leisure skills development, and socialization skills are worked on during this time.

12:00p.m. – 12:15p.m.

Self-care including hand washing, lunch cleanup, socialization skills and table manners programs are run throughout lunchtime and cleanup. Clients who left the facility with staff for lunch should return at this time to the facility if they are not on and community outing or community work contract. Community safety skills and social etiquette skills are worked on during this time.

12:15p.m. – 12:45p.m.

Second group session of the day. The second session will be a different activity. Session One. Session One may include group work on specific independent living or functional living skill programs, mobility training skills, in house or community paid work opportunities, sessions with the client council meetings/guest speakers, self-advocacy meetings (sexuality education), prepping and leaving for outings, music classes, exercise classes, art classes, dance classes, socialization skills classes, money management classes, safety skills classes.

12:45p.m. – 1:45p.m.

Third group session of the day. The third session will be a different activity then sessions one and two. Session may include group work on specific independent living or functional living skill programs, community resources skills, in house or community paid work opportunities,

client council meetings/guest speakers, self-advocacy meetings (sexuality education), prepping and returning from outings/checking in, music classes, exercise classes, art classes, dance classes, socialization skills classes, money management classes, safety skills classes.

1:45p.m. – 2:00p.m.

Gathering belongings, Dress for Success, Grooming and Hygiene, Toileting, Self-care Programs, a review of the activities during the day, checking out, boarding transportation/leaving from Home.

The activities and times above are basic daily activities that are scheduled. Specific client weekly schedule are preplanned a week in advance and are modified daily (if appropriate) based on the clients input. Community outings are not limited, except that they should be age appropriate, serve a learning purpose, not create a health or safety risk, be at locations pre-approved by a manager, be in a public area, and be appropriate in a social and moral context. Below are some suggested locations:

- Amusement Parks
- Department Stores
- Fire Departments
- Grocery Stores
- Libraries and Post Offices
- Malls
- Museums
- Parks and Recreation Centers
- Police Departments
- Red Cross
- Restaurants
- Schools
- Sheriff Departments
- YMCA

NOTE: Schedules may be modified due to a planned celebration/holiday, unanticipated absences or inclement weather.

Other indoor and off site activities:

Arts and crafts, painting, planting and gardening.

How much time will the client spend on site each Day?

Approximately (5) hours (9am – 1pm)

What % of clients will be dropped off?

50% will be dropped off

50% will take public transportation