

LCF Young Adults

Mission Statement

LCF Young Adult Program is committed to providing a comprehensive and empowering experience for young adults with disabilities. Our mission is to support their growth and development in all aspects of life, including physical health, financial independence, job training, life skills, social interactions, and personal safety. We believe in the potential of every individual and strive to provide a supportive, inclusive environment where participants can learn, grow, and thrive.

Program Overview

The LCF Young Adult Day Program is designed to address participants' holistic needs through a combination of life skills training, job coaching, and wellness-focused activities. Our approach integrates practical skills, healthy living, and social engagement to help participants achieve greater independence and lead fulfilling lives.

Program Components

1. Life Skills Training

- **Financial Literacy:** Participants will practice budgeting, saving, making purchases, comparing prices, handling money, and making informed financial decisions in natural community settings such as grocery stores, retail stores, banks, restaurants, and other businesses.
- **Household Management:** Participants will develop practical independent-living skills through community-based learning opportunities. Activities may include grocery shopping, meal planning, purchasing household supplies, using community laundromats, folding and organizing clothing, and learning skills needed to maintain a safe and organized living environment.

- **Personal Safety:** Participants will learn and practice personal and community safety skills, including pedestrian safety, navigating public spaces, emergency preparedness, identifying appropriate community resources, online safety, self-advocacy, and recognizing when and how to ask for assistance. CPR and emergency-response education may also be incorporated as appropriate.

2. Job Readiness

- **Job Readiness:** The program will partner with local businesses, nonprofit organizations, and community organizations to provide participants with hands-on volunteer, vocational, and work-readiness experiences in integrated community settings.
- **Workplace Skills Development:** Participants will practice skills such as effective communication, following directions, teamwork, punctuality, time management, task completion, appropriate workplace behavior, problem-solving, and interacting with supervisors, coworkers, and members of the public.

3. Health and Wellness

- **Nutrition Education:** Participants will learn about healthy food choices through community-based activities such as grocery shopping, reading nutrition labels, comparing food options, meal planning, selecting healthier restaurant choices, and purchasing ingredients for meals.
- **Physical Fitness:** Participants will participate in fitness and wellness activities conducted in community settings such as parks, walking trails, recreation areas, community fitness spaces, and other appropriate public locations. Activities may include walking, yoga, cardiovascular exercise, strength training, stretching, balance, and group coordination activities.
- **Cognitive and Motor Development:** Community-based activities will incorporate opportunities to strengthen motor planning, visual-spatial awareness, visual tracking, auditory processing, coordination, attention, problem-solving, relaxation, mindfulness, and meditation. These skills may be practiced while navigating community environments, participating in recreational activities, completing functional tasks, or engaging in structured movement activities.

4. Social and Recreational Activities

- **Community Engagement:** Participants will regularly access and participate in their community through activities such as museum visits, movies, bowling, shopping, grocery stores, libraries, parks, restaurants, community events, recreational activities, and volunteer opportunities.
- **Social Skills Development:** Participants will practice communication and social skills in natural community environments. Staff will support participants with initiating conversations, interacting with peers and members of the public, taking turns, making choices, resolving conflicts, following social expectations, and developing appropriate relationships.

- **Hobby Exploration:** Participants will have opportunities to explore personal interests and hobbies through community resources such as libraries, museums, art programs, music activities, recreational programs, community classes, and other local opportunities. These experiences will help participants identify interests, develop new skills, and increase meaningful participation in their community.

Program Goals

- Equip participants with practical life skills for independent living.
- Foster financial independence by incorporating financial concepts and money management.
- Promote overall health through physical fitness and nutrition.
- Provide job readiness and workplace training for meaningful employment opportunities.
- Build strong social connections and community integration.

Program Structure

- **Program Duration:** Year-round Program, Monthly or Quarterly Payments, with sessions held daily and special events planned monthly.
- **Sessions:** Monday - Friday
- **Time:** 9:00 AM - 3:00 PM
- **Location**: Falls Church location and partner facilities.
- **Eligibility**: Young adults aged 18 and older with disabilities eager to learn and grow.
- **Staffing**: Experienced professionals in therapeutic recreation, adaptive fitness teachers, and ABA, including job coaches, life skills trainers, and fitness instructors.

Partnerships and Resources

- Partner with local businesses for job readiness and mentorship opportunities.
- Work with experienced LCF fitness coaches at our facility for fitness training programming.
- Work with experienced financial specialists to develop accessible literacy materials & games to incorporate financial literacy.

How to Get Involved

- **Participants**: Enroll by completing our intake form and submitting payment on our website. The intake form will allow us to assess individual goals and needs.
- **Volunteers**: Support the program by assisting in activities or mentoring participants.

- **Donors**: Help sustain the program by contributing funds or resources.

LCF Young Adult Day Program is dedicated to empowering young adults with disabilities to reach their full potential and live independent, fulfilling lives.

Join us in making a meaningful difference.