

## INclusion

Participants will build on soft skills development and then practice those skills while participating in community outings and volunteer assignments.

## INdependence

Participants will increase their independence by building daily living skills, such as healthy meal planning and money management. Additionally, they will learn how to care for their health through personal training, Tai Chi, yoga and adaptive aquatics.

## INitiative

Participants will learn how to take initiative in their daily life by practicing self-management skills while performing individual goal work and peer learning.

## INspiration

Participants will be inspired as they participate in art expressions, pet therapy, music therapy and experience the sensory garden. Additionally, they will practice the art of mindfulness and self-reflection.



## Four-step enrollment process

- 1. Application** – submit a completed application and information release forms to Adult Day at the J
- 2. Intake** – our team will gather medical history from your doctor and all other support plan information
- 3. Funding** – we currently accept funding from the Department of Mental Health and Medicaid Waivers through the Division of Senior and Disability Services. Appropriate funding or private payment arrangements must be confirmed before an assessment can be scheduled.
- 4. Assessment** – once funding is confirmed and all necessary information has been received, we will schedule a time for you to meet with the members of our Care Team. This assessment helps us get to know each other and to determine program eligibility.

Interested? Call or email to schedule a tour  
314.442.3248, [ADC.info@jccstl.org](mailto:ADC.info@jccstl.org)  
**Kristen Conard**  
314.442.3261, [kconard@jccstl.org](mailto:kconard@jccstl.org)

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2 Millstone Campus Dr., St. Louis, MO 63146



# IN Program

## INspiring INdependence



Adult Day at the j  
Care for your whole family

[jccstl.org](http://jccstl.org)



# Are You IN?

**IN** is an innovative program offered within the scope of the Adult Day at the J. It serves young adults with autism spectrum disorder, Down syndrome and intellectual or developmental disabilities who would benefit from additional life skills training and opportunities to socialize in an engaging and stimulating environment.

## Who would best be served by IN?

Young adults who would benefit from a structured, goal-oriented setting that will enable them to continue building upon their current ability levels.

**IN** is the ideal program for individuals who have recently aged out of Special School District and are now looking for an active, engaging and innovative daily experience.

### Life Skills Development



### Communication & Socialization



### Health & Fitness

**IN** offers day services in a group setting using a blend of recreational, social and fitness activities. It is designed to nurture skill development and cultivate self-determination, while focusing on empowering participants to achieve his/her goals, all while having fun. A typical day includes a wide variety of activities.

### Recreation & Exploration



### Community Involvement & Volunteerism

