



Full Life

Get Active Program

For adults with acquired and developmental disabilities

- Promotes work-readiness
- Teaches functional living skills
- Fosters community participation

Enrollees in **Get Active Program** enjoy group and individual rehabilitative activities, working to increase their independence and engagement in community life. They also have access to skilled nursing services, helping ensure the best possible health outcomes.

Our participants are 18-years-old and older, and many enroll in subprograms that best meet their needs: **Life Skills** is designed for those who are most independent.

Life Skills Curriculum

Activities vary by location

WORK READINESS & SUPPORT

Some participants already have employment at local businesses; others are developing skills for the labor market.

- Job searching skills
- Attendance, communication and organizational skills
- Restaurant skills (e.g., meal preparation, serving and cleanup)
- Retail skills (e.g., cashiering, customer service)

FINANCIAL MANAGEMENT

Participants learn skills toward self-sufficiency in managing their own finances.

- Reading timecards, a bill or bank statement
- Counting money
- Making a budget
- Thrift (saving money and using coupons)

NUTRITION AND FITNESS

We help participants develop healthy habits.

- Growing fruits and vegetables
- Meal preparation
- Choosing healthier foods and beverages
- Evaluating vitamins and minerals in food
- Activities to achieve physical fitness

SAFETY, HEALTH AND HYGIENE

- Safety (fire, water, travel, cooking, emergency response)
- Health (healthy habits, visiting the doctor)
- Hygiene (oral, body, clothing, daily routines)

LIVING IN COMMUNITY

- Working with peers and as part of a team
- Identifying and promoting positive personality traits
- Planning and participating in community activities (art & music shows, fundraisers)

SCHEDULE (VARIES BY LOCATION)

Extended hours available

1:00 p.m. meet and greet	3:45 P.M. cognitive activity group
2:00 p.m. lunch	4:30 P.m. physical activity group
3:00 p.m. exercise	5:30 P.M. wrap up for the day

Therapy * Integration * Mobility * Education (TIME) is our subprogram designed for our participants with moderate to severe development disabilities. Our curriculum focuses on functional living skills (such as bathing, grooming, dressing and mobility), and activities are customized to individual needs. This program offers rehabilitative therapies in a community environment, helping participants integrate into a goal-oriented setting where “teachable moments” abound.

TIME Curriculum

Activities vary by location

THERAPY

Our occupational therapist helps participants maintain or expand their range of motion and develop fine motor manipulation skills. She also makes necessary adjustments to adaptive aids, and assists participants in developing or maintaining their independence in eating, transferring, toileting and other activities of daily living.

INTEGRATION

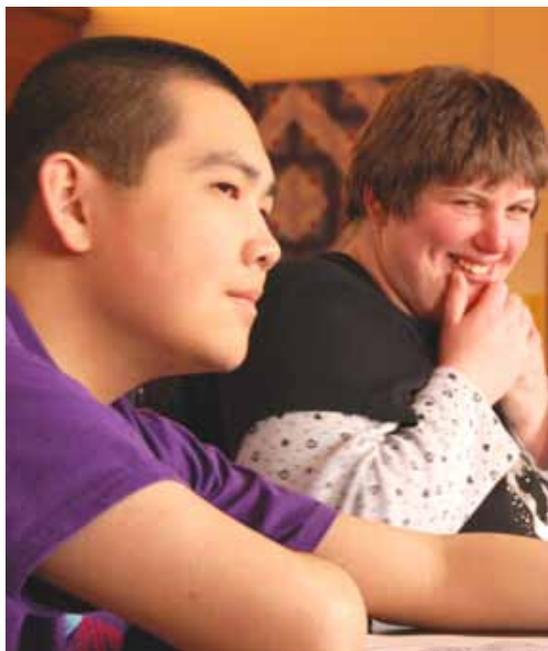
As adults, many of the members in our program have had little opportunity to spend time in a community setting; now they are integrated into a goal-oriented setting, allowing them to develop social skills with their peers.

MOBILITY

Those who are ambulatory are enrolled in walking programs and work on path finding; others may have goals related to transferring or propelling wheelchairs.

EDUCATION

With an eye on each participant’s abilities and current interests, staff members seek to discover “teachable moments,” incorporating aids such as puzzles, pencils and books to develop language, spatial- and object-recognition skills, among others.



Christina is the mother of Sophia, a 24-year-old participant. She notes that when persons with developmental disabilities cannot qualify for a job placement, then there’s very little opportunity for their continued growth.

“TIME has been wonderful for Sophia, because she gets up everyday and has something to look forward to. Her vocabulary has gone through the roof – she’s much more expressive now with words than with signs – and her mobility has improved: now she can get on and off of the van more easily.”

– Christina

GET ACTIVE PROGRAM LOCATIONS

King and Snohomish Counties

- South King County – Kent
- South Seattle – Columbia City
- North Seattle – Ravenna
- Snohomish County – Everett

FIND OUT MORE

We'd love to tell you more about our services, funding options and locations.

We're always happy to meet with you and show you around our adult day health centers.

Please give us a call or visit our website.

206.528.5315 *King County*
425.355.1313 *Snohomish County*

www.fulllifecare.org

“Full Life helps her with her social skills and helps her to be flexible when situations arise that may not happen in a typical day for her. I don't know what we would do without Full Life, honestly, because she's just so happy there and it's been such a blessing to us.”

– Julia, mother of Kristie

