

C.A.R.E.S. Lifesharing & Respite Program:

Lifesharing enables individuals with developmental disabilities to live in a family home environment and share life experiences with supportive persons, to whom they are not related. Through this arrangement, individuals with developmental disabilities become active, participating members of another family.

We work diligently to find just the right person or family with whom to share such a program. We'll match family talents and skills with communities and persons who will help individuals develop their areas of interest while addressing their needs and desires. This allows us to focus on planning a living arrangement that is mutually satisfying and rewarding.

C.A.R.E.S. provides licensed services through the Department of Public Welfare as well as unlicensed services for individuals who are independent and require minimal supports.

We encourage long-term relationships and stress the importance of natural supports, individuality, respect, choice with positive approaches and community integration.

Lifesharing is not just a program, it is a movement!

Lifesharing Family Providers Needed:

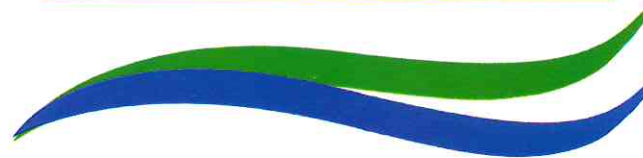
Tax-free stipends starting at \$1,700 per month per client.

Call 570-225-7360 for an application.

Training and 24 hour on call support services and respite provided.



C.A.R.E.S. is an organization providing person-centered services to individuals with developmental disabilities and behavioral health challenges. We specialize in connecting our self-advocates with opportunities to be family focused, self-determined, individualized, person centered, and strength based. We optimize their opportunities for job training, employment, growth, independence, involvement in the community, vacation services, and recreational activities, providing long-term support to families in a residential setting.



The Mission of C.A.R.E.S. is to provide high quality services and supports that maximize each individual's potential, opportunities, relationships, community involvement, and health and wellness.

Our Vision is to create community-based services empowering individuals by creating an environment where the individuals' rights and culture are recognized and respected with services that are self-determined, person centered and family focused.

www.Cares4u.org



Community And Residential Empowerment Services

EMPOWERING INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES TO CONNECT WITH THEIR COMMUNITY



Central Office
216 N. McAllister St.
Bellefonte, PA 16823
570-225-5514

Northeastern Office
105 W. Broad St., Suite 200
Tamaqua, PA 18252
570-225-7360

Western Office
225 Crowe Ave.
P.O. Box 278
Mars, PA 16046
724-687-7880



C.A.R.E.S. Community Day Program

The C.A.R.E.S. Day Program is a unique community-based program where volunteerism and recreational activities focus on maximizing life, pre-vocational and social skills. To achieve this goal, C.A.R.E.S. incorporates the following types of activities at no additional cost to the participants:

- ♦ **Volunteer**- Participants volunteer in their local communities for non-profits such as historical societies, food banks, animal shelters and Meals on Wheels. Through these opportunities, participants gain a sense of accomplishment and learn valuable life and pre-vocational skills. Individuals enjoy contributing to their community and having the opportunity to assist those who are less fortunate.
- ♦ **Pre-vocational**- Activities and curriculum are designed to enhance decision making, coping and other valuable skills to prepare the participants for the highest potential level of independence in a work environment.
- ♦ **Health and Wellness**- Participants are educated on meal planning, nutrition, healthy food choices, alternatives and portion sizes. Exercise is encouraged through dance, swimming, indoor/outdoor sports and other adapted movement activities.
- ♦ **Recreational and educational**- Activities include nature centers, amusement parks, bowling, art programs, state parks, zoos, and farmers' markets.

- We believe in holistic approaches to support the entire person.

C.A.R.E.S. Community Day Program

- ♥ **Transportation (8am-9am & 3pm-4pm):** Provided to and from C.A.R.E.S. by staff in agency vehicles avoiding the need for public transportation.
- ♥ **Programming (9am-3pm):** Weekly schedules are developed to include varying community based activities which are individualized based on the interests and abilities of the participants.
- ♥ **FRIDAY:** Individuals menu plan, shop and prepare a meal as part of their life skills development.



Proudly serving individuals in the following counties:

Allegheny ♦ Beaver ♦ Berks
Blair ♦ Butler ♦ Carbon Centre
Huntingdon ♦ Lebanon ♦ Lehigh
Luzerne ♦ Monroe ♦ Northampton ♦ Pike

C.A.R.E.S. Chaperoned Vacations

C.A.R.E.S. Chaperoned Vacations provide an opportunity for participants to travel and be exposed to new and exciting experiences. Vacations are all inclusive and travelers do not need to bring additional funds.

C.A.R.E.S. vacations promote personal growth, socialization and independence.



Past trips have included:

- ♦ **Disney World**- Travelers attended Mickey's Not So Scary Halloween Party, a Luau with Mickey and Friends and visited all four Disney parks.
- ♦ **Country Music Vacation to Tennessee**- Travelers had front row seats at the Grand Ole Opry, visited Graceland and ate at Dolly Parton's Dixie Stampede.

PARTICIPATION IN CHAPERONED VACATIONS DOES NOT REQUIRE ENROLLMENT IN ONE OF THE OTHER C.A.R.E.S. PROGRAMS.