

Chappaqua Central School District's  
Special Education Department  
&  
The Arc Westchester

# Adult Day Services

January 19, 2022

Presented by:

**Jacie S. Feuer**

*Transition Services Director*

The Arc Westchester



# PRESENTATION OVERVIEW:

- Waiver Service Authorizations
- Site-Based vs. Community-Based
- Day Program Providers in Westchester County
- Application Timeline
- Considerations and Questions
- Resources & Materials
- Questions

# Transition Planning Timeline

**Recommended Age to Initiate Item & Access Related Supports or Services:**

	15 y/o	16-17 y/o	18-19 y/o Or two-years prior to exiting	20-21 y/o Or one-year prior to exiting	21+ y/o Or after exiting
--	--------	-----------	--	---	-----------------------------

IEP includes Pathway to Graduation, Transition Goals and Services	✓				
Apply for OPWDD Eligibility	✓	✓	✓		
Recreation & Respite Services	✓	✓	✓	✓	✓
Go Through OPWDD's Front Door (1-2-year process)		✓	✓	✓	
Consider Supported Decision Making or Guardianship Options		✓	✓	✓	







# UNDERSTANDING NOTICE OF DECISIONS & AUTHORIZATIONS

# **DAY HABILITATION (DAY HAB)**

**Site-Based Day  
Habilitation**

**Community-Based  
Day Habilitation  
Without Walls  
(WOW)**

# Site-Based vs. WOW

## Site-Based:

### Description & Considerations:

- ✓ Certified Setting
- ☒ “On the go” all day
- ✓ Transportation provided by program or reimbursed for ParaTransit fares
- ✓ Schedule (typically) 6-hours, Monday-Friday
- ✓ Group, 1:3, 1:4 or 1:5 (sometimes smaller)
- ✓ Completes daily living skills with physical assistance, verbal prompts, or independently
- ✓ Authorized by OPWDD for Site-Based Day Hab

## Without Walls (WOW):

### Description & Considerations:

- ☒ Certified Setting
- ✓ “On the go” all day
- ✓ Transportation provided by program or reimbursed for ParaTransit fares
- ✓ Schedule (typically) 6-hours, Monday-Friday
- ✓ Group, 1:4 or 1:5
- ✓ Completes daily living skills independently or with verbal prompts
- ✓ Authorized by OPWDD for Without Walls Day Hab

## OPWDD DAY HAB PROVIDERS – WESTCHESTER COUNTY

- Abbott House/Keon
- Ability Beyond
- Another Step
- Cardinal McCloskey Community Services
- Cerebral Palsy of Westchester (CPW)
- Community Based Services (CBS)
- Community Living Corporation
- Devereux New York
- Hawthorne Foundation
- Jawonio
- Opengate, Inc.
- Richmond Community Services
- Special Citizens Futures Unlimited
- Taconic Innovations
- The Arc Westchester
- The Institutes of Applied Human Development (IAHD)
- YAI



## Day Hab Site-Based: Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30</b>	Travel to site	Travel to site	Travel to site	Travel to site	Travel to site
<b>9:00 – 10:00</b>	<b>Morning yoga</b>	<b>Art Class</b>	<b><u>Volunteering:</u></b> Westchester County Food Pantry	<b>Morning Fitness</b>	<b>Coffee Cart</b>
<b>10:00 - 11:00</b>	<b><u>Life Skills:</u></b> Kitchen safety, nutrition & meal planning.	<b><u>Life Skills:</u></b> Kitchen safety & culinary skills – prepare lunch		<b>Music Class</b>	<b>Collaborative Games, Karaoke</b>
<b>11:00 – 12:00</b>					
<b>12:00 – 1:00</b>	Lunch & Group Discussion	Lunch & Group Discussion	Lunch & Group Discussion	Lunch & Group Discussion	Lunch & Group Discussion
<b>1:00 – 2:00</b>	<b><u>Community activity:</u></b> grocery shopping	<b>Animal Therapy</b>	<b><u>Life Skills:</u></b> Personal hygiene	<b><u>Community Activity:</u></b> Gardening/Park	<b>Art Class</b>
<b>2:00 – 3:00</b>	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home

# WOW Day Hab, Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30</b>	Travel to site	Travel to site	Travel to site	Travel to site	Travel to site
<b>9:00 – 10:00</b>	<b><u>Volunteering: Hillside Food Outreach</u></b> Picking up food from hillside warehouse and deliver to families.	<b><u>Volunteering: Atria Senior Living</u></b> Art, games, activities with seniors, serving lunch	<b><u>Public Library</u></b> Current Events/Journal Writing	<b><u>Volunteering: AFYA</u></b> Sorting, counting & packaging medical supplies	<b><u>Community Safety &amp; Travel Training</u></b> Life Skills
<b>10:00 - 11:00</b>					
<b>11:00 – 12:00</b>			<b><u>Whole Foods</u></b> making healthy choices, making purchases		
<b>12:00 – 1:00</b>	Lunch & Group Discussion	Lunch & Group Discussion	Lunch & Group Discussion	Lunch & Group Discussion	Lunch & Group Discussion
<b>1:00 – 2:00</b>	<b><u>Knitting &amp; Sewing Club</u></b>	<b><u>Art class</u></b>	<b><u>Volunteering: North County Trailway</u></b> Park clean up	<b><u>Bowling</u></b>	<b><u>Exercise Training at Planet Fitness</u></b>
<b>2:00 – 3:00</b>	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home

# Transition Planning Timeline Cont.

Recommended Age to <u>Initiate</u> Item & Access Related Supports or Services:	15 y/o	16-17 y/o	18-19 y/o <small>Or two-years prior to exiting</small>	20-21 y/o <small>Or one-year prior to exiting</small>	21+ y/o <small>Or after exiting</small>
IEP includes Pathway to Graduation, Transition Goals and Services	✓				
Apply for OPWDD Eligibility	✓	✓	✓		
Recreation & Respite Services	✓	✓	✓	✓	✓
Go Through OPWDD's Front Door (1-2-year process)		✓	✓	✓	
Consider Supported Decision Making or Guardianship Options		✓	✓	✓	
ACCES-VR Pre-ETS		✓	✓	✓	
Attend Transition Events, Fairs & Webinars			✓	✓	✓
Obtain Adult Service Authorizations				✓	✓
Tour & Apply to Adult Programs				✓	✓
Apply to ACCES-VR (If pursuing employment)				✓	✓
Access Adult Services					✓

# CONSIDERATIONS

- Medication and Allergies – support needs during program hours
- Transportation to-and-from program
- Activities of Daily Living – level of independence/support
- Behavioral Support Needs
- Communication
- Community activities
- Therapy needs (e.g., PT, OT, Speech)
- Staff to participant ratios
- Program vacancies, waitlist
- Age range

OPWDD  
COVID  
REGULATIONS

---

Vaccination mandate

---

Masks and face  
coverings

---

Sanitizing measures

---

Social distancing  
when possible

# FINDING THE RIGHT DAY PROGRAM

## Agency Questions

Agency Name:  Contact Name:

Phone:  Email:

Program Name:

Question:	Answer/Notes:
What type of day programs do you offer? Site-Based, Community or Without Walls?	<input type="text"/>
How much of the day is spent in the community?	<input type="text"/>
What is the staff to participant ratio?	<input type="text"/>
What does a typical day look like? What are the program hours?	<input type="text"/>
Does your program have a waitlist?	<input type="text"/>
What is the OPWDD service authorization needed for this program?	<input type="text"/>
Can my son/daughter participate in a combination of programs?	<input type="text"/>
Does your program have requirements regarding: <ul style="list-style-type: none"> <li>• Self-care (toileting, eating, etc.)</li> <li>• Behavior</li> <li>• Other</li> </ul>	<input type="text"/>
Are participants able to access therapeutic services during program hours (e.g., physical therapy, speech therapy)	<input type="text"/>
If we want to apply to this program what are the next steps?	<input type="text"/>
Other Questions/Notes:	
<input type="text"/>	

# APPLYING, ONBOARDING AND ENROLLMENT

1

complete the onboarding and enrollment process for the agency (or agencies) selected to provide the service.

2

Most agencies have an application process before they start the enrollment. This may include, touring and meeting the applicant, completing an application, providing documentation

3

If accepted the service provider and Care Manager will work with the Front Door office to enroll the individual into the agency. The agency must be approved to provide the service by the front door staff before services can be provided to the individual.

# Materials & Resources:

- [Agency Questions Worksheet](#)
- [Westchester County Day Hab Providers](#)
- [DCMH Adult Day Program Directory – 2021 Update](#)

## Next Information Session:

**March 16th - Prevocational Services & Pre-employment Planning**

Register in advance for this meeting:

<https://us06web.zoom.us/meeting/register/tZclfuqqqTgiGdZ4YcNlq5Ej8mqhAW-OU2NV>





# Questions?