



## Programs and Services

### **Achieving Independent Methods**

Achieving Independent Methods (AIM) is designed to be a wrap around program for clients to learn and grow all while utilizing one program. The program offers a full range of direct services, including employment, housing, health services, recreation, daily living skills and socialization. A representative payee can assist with bill payments and money management.

AIM serves adults age 18 and older with intellectual disabilities, brain injuries, physical disabilities, and developmental disabilities. Clients must be referred through Case Managers and Service Coordinators in cooperation with Polk County Health Services. The program is funded by Polk County Health Services.

### **Assistive Technology Center**

Assistive Technology is technology used by individuals with disabilities in order to perform functions that might otherwise be difficult or impossible. The Easterseals Iowa Assistive Technology Center provides:

**Equipment Loan:** Easter Seals loans durable medical equipment such as electric hospital beds, electric and manual wheelchairs and adaptive bathroom devices.

**Demonstration Center:** The Demonstration Center showcases different types of assistive technologies, such as tub lifts, kitchen and bathroom features, and other items individuals may use to make their home more accessible.

**Lending Library:** Equipment and resources are available for families, individuals, counselors and schools.

### **Brain Health Services**

Brain Health services are also called mental health services, therapy, or counseling. In Brain Health Services, individuals across the lifespan can receive personal and confidential support from a licensed clinician to help them to manage life's stressors and challenges. We provide brain health services through different settings: one on one, to a family, or in a group setting. Easterseals' Brain Health program will also provide support to the other programs at Easterseals to help develop holistic health in the whole community through training, education, support, and experiential activities.

## **Camp and Respite**

Children and adults with and without disabilities enjoy all Easterseals Iowa Camp Sunnyside has to offer including canoeing, an animal farm, horseback riding, archery, nature trails, the Variety Club Rec Center, an accessible indoor pool and the Meredith Tree House. At night campers sleep in new, air conditioned lodges. Sessions are held at Camp Sunnyside for campers age five and older. Week-long and day camps are offered during the summer.

The Easterseals Iowa Respite program provides temporary care for children and adults with disabilities, allowing parents/caregivers a break while providing the clients with a safe, and supported social environment. Regularly scheduled respite weekends are held at Easterseals Iowa Camp Sunnyside twice monthly. Emergency care is also available.

## **Case Management**

Easterseals Iowa Case Managers promote independence by proactively partnering with individuals and their families. We connect with services and supports to best meet every person's unique needs. From achieving employment to securing housing, accessing healthcare to building a support system, our solution-focused, problem-solving professionals leverage individual and team strengths to reach each person's goals. Our case managers are knowledgeable advocates who encourage hope, create space for change, motivate toward achievement and celebrate successes.

The Easterseals Iowa Case Management program, as a lead agency working on behalf of Polk County Health Services, welcomes a wide variety of children and adults with complex, multi-occurring needs. We foster an effective, integrated approach in order to fulfill our mission of ensuring everyone has an equal opportunity to live, learn, work and play in their community.

## **Child Development Center**

The Bob & Billie Ray Child Development Center at Camp Sunnyside provides education in an integrated setting where children with and without disabilities ages six weeks to five years old have the opportunity to learn and grow together in a fun and unique environment. Children enjoy horseback riding, year-round swimming, nature trails, two spacious playgrounds, a tree house, boating and more at Camp Sunnyside. All children benefit from playing, learning and growing together.

The Child Development Center uses Creative Curriculum to promote development and learning in the core areas of social emotional, physical, cognitive and language development to prepare children for preschool. Character Counts In Iowa resources are also incorporated, instilling trustworthiness, respect, responsibility, fairness, caring and citizenship. Throughout the day children engage in sensory motor activities, language development, motor play, reading and music.

## **Clients Socially Integrated**

Clients Socially Integrated is a community-based day program for adults with disabilities focused on learning transferable skills that lead to independence in the community. This is achieved by spending the day out in the community, learning to navigate the public transportation system, relationship building, problem solving and deciding as a group what activities to do.

Communication, safety, transportation and independent skills are sharpened as clients visit historical sites, volunteer, visit coffee shops, go to movies and much more.

## **Life Club**

The Easterseals Iowa adult day habilitation program Life Club takes place on site at Camp Sunnyside as well as in the Des Moines community. The program provides training in skills such as socialization, communication, problem solving, creative thinking, peer relationships and more. Life Club clients make friends, get out to see different community attractions and choose and lead activities they enjoy. Team members focus on strengths and independence as clients participate in activities. Favorite activities include horseback riding, swimming, sports, bowling, singing and wellness.

## **Mercy Project SEARCH**

Project SEARCH is an internship program that places young adults with special needs in a real working environment, giving them skills to prepare for the workforce. The goal of the program is community-based employment for clients. Through total workplace immersion, clients experience a seamless combination of classroom instruction, career exploration, and relevant job-skills training obtained through strategically designed internships. While at their internships, participants receive follow-along job support services with the goal of becoming independent at their sites. Internships take place at Mercy Medical Center.

## **PURPOSE**

The Easterseals Iowa program PURPOSE promotes inclusion in the community, while focusing on skills that will prepare clients for greater independence. Clients participate in activities that are community-based, not organized by a service provider or exclusively for people with disabilities. Activities focus on volunteering, health and wellness, financial wellness, politics and advocating for rights, knowing about community resources and becoming a part of the community. Activities are grouped into three main categories: spiritual, civic (local politics & volunteerism), and cultural (community events, clubs, and classes). Clients choose activities in these areas and learn how to safely use public transportation. PURPOSE serves adults who are diagnosed with intellectual or developmental disability.

## **Rural Solutions**

For many farm family members and rural residents with a disability, Rural Solutions represents their only hope of returning to farming and their communities. Easterseals Iowa offers agricultural work site and home modification consultations, peer support, services for the family, information and referrals, and medical equipment loan services. Team members are knowledgeable about resources throughout the state that can address the unique needs of rural family members with disabilities, and actively pursue services that will enhance their lives.

Any farm family member with a disability or individual with a disability living in a town with a population less than 2,500 is eligible for services through the Rural Solutions program. Easterseals Iowa Rural Solutions services are provided free of charge to the individual and family receiving the services.

## **Supported Community Living**

Supported Community Living (SCL) provides people with disabilities the opportunity to live as independently as possible in the community. Service includes support with safety, housekeeping, finances, communication, employment, socialization, transportation and wellness.

Hourly Supported Community Living serves children and adults from just a few hours per month up eight hours per day. This goal-focused program maintains the independence clients currently have

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while working toward greater independence. Clients access the community in new and exciting ways by utilizing public transportation, grocery shopping, working out and forming meaningful relationships with peers.

Twenty-Four Hour Supported Community Living serves adults who require eight or more hours of service per day. Service is provided in the place of residence and the community, where clients learn independent living skills such as household maintenance, meal planning, budgeting and socialization—all while working toward the goal of greater independence.

### **Supported Education**

Supported Education is a unique program designed to give participants support and guidance as they develop marketable skills through post-secondary education. Participants are provided with ongoing support throughout the semester with registering for classes, accessing campus resources and communicating with faculty. There is also a one-week skills training available prior to each semester focusing on stress and time management, college expectations and developing natural supports on campus.

### **Supported Employment**

Supported Employment assists clients in both obtaining and maintaining community-based employment. A job developer supports clients in determining employment opportunities they are interested in and in finding a job. Job developers also support clients to fill out applications, prepare resumes and perfect interview skills. Once a job is obtained, a job coach assists clients to learn job responsibilities, the culture and values of the work environment, job accommodations and explaining how employment affects their benefits.

### **Veteran and Military**

Easterseals Iowa advocates for, connects with and provides support services for military service members, veterans, and their families, as they integrate back into communities and pursue healthy, productive lives.

Programs include:

- **Rural Solutions:** This program provides on-site rehabilitation services to veterans with disabilities and their families who are engaged in or aspire to pursue a career in agriculture. Rural Solutions serves veterans with disabilities living in Iowa towns with populations less than 2,500 people.
- **Information and Referrals:** Staff will assist families to connect with other community resources and agencies.
- **National Veteran Caregiver Training Program:** Easterseals Iowa participates in this program as a host site and facilitates the support of caregivers of veterans.
- **Assistive Technology:** Easterseals Iowa lends or loans items to assist with daily living and durable medical equipment such as wheelchairs, commodes, bath benches and more to veterans at a low cost.