

# Shares inc.

## OUR MISSION

Shares, Inc. provides service and support for people with disabilities to enhance their successful inclusion in the community.

## YOUR ADULT DAILY LIVING SKILLS CLASSES

### PHILOSOPHY

All persons are entitled to opportunities to continue their growth and maximize their individual potential. By providing systematic training and exposure to life experiences of all types, adults with disabilities can become less dependent on other people and become valued and active members of the community.

### GOALS

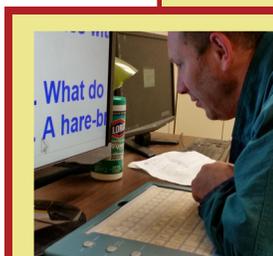
To provide a meaningful variety of experiences and training opportunities to maximize a person's independence in the areas of community, home/life, recreation, pre-vocational training, functional academics, and self-management.

### EXPECTED OUTCOMES

Living Skills Instructors will prepare activities, teaching aids, and implement lesson plans appropriate to individual needs and preferences of participants as outlined in their Individual Support Plan. Instructors use resource materials, training tools, supplies, equipment, and activities that are culturally normative and age appropriate. Community activities are scheduled to enhance socialization, community connections, and friendships. Expected outcomes are individualized for each participant.

#### The following are overall anticipated goals of Community Integration Services:

- Participants meet or exceed goals on their Individual Support Plans.
- Participants increase their number of community connections, friends, and places that they visit.
- Participants secure volunteer work or paid employment either in Pre-Vocational Training or in the community.
- Participants increase or maintain their independence in performing activities of daily living. For some individuals, the appropriate outcome would be the maintenance of skills or slowing of declines in skills associated with aging or medical and health reasons.
- Participants increase their self-direction, self-determination, self-reliance and self-esteem.
- Enable participants to remain in their community residence as a result of participation in program activities.



#### Adult Daily Living Skills (ADLS) classes offer instruction in:

- Math and money skills
- Clothing care, laundry, and sewing
- Infection control -universal precautions
- Community connections and resources
- Housekeeping
- Personal information and safety
- Telephone usage
- Reading activities
- Music
- Health maintenance and exercise
- Craft and leisure skills
- Educational and recreational outings
- Volunteer experience
- Computer training
- Occupational knowledge and interpersonal relations
- Self-determination, self-esteem building
- Menu planning, meal preparation, and nutrition
- Functional academics

### Connect With Us!

Shelby County- 1 (877)-398-8218 or (317)-398-8218

Hancock County- (317)-462-4824

Rush County- (765)-938-5321

[www.sharesinc.org](http://www.sharesinc.org)

NONDISCRIMINATION ON BASIS OF HANDICAP  
Shares, Inc. is committed to a policy of nondiscrimination as required by civil rights legislation, Section 504 of the Rehabilitation Act of 1990 as a result of the organization's commitment to equal opportunity. EOE-M/FShares, Inc. is an Equal Opportunity Employer