

An Overview of the Week's Activities

Each day has a specific focus but also includes morning and evening meetings, self care time, group activity, meal preparation and physical exercise.

Sunday (Arrival)

- House tour and expectations
- Campus tour
- Meal planning
- Self Care

Monday (Independent Living Skills)

- Grocery shopping
- House jobs
- Healthy Relationships
- Flexibility

Tuesday (Employment Skills)

- Certifications/Trainings
- Glade Run Adventures horse back riding and horse grooming

Wednesday (Independent Living Skills)

- Human Sexuality
- Social Media
- Laundry

Thursday (Employment Skills)

- Certifications/Trainings
- Glade Run Adventures greenhouse

Friday (Social Skills)

- Breakfast in Zelienople community
- Picnic lunch

For more information, please call
724-452-4453 x2124 or visit
gladerun.org/autism/transitions-program/



GLADE RUN
LUTHERAN SERVICES

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www.gladerun.org/ILE

What does it look like to live on my own?



Independent Living Experience

A unique opportunity for young adults with autism and/or intellectual disabilities to experience independence.

July 30 - August 4



GLADE RUN
LUTHERAN SERVICES

Experience Living Away From Home

About the Independent Living Experience

Glade Run Lutheran Services is offering an innovative opportunity for young adults with autism and/or intellectual disabilities to experience living away from home for six days. Young adults will gain confidence and understanding of their true abilities.

Participants will reside in Isaiah House located on Glade Run's picturesque campus in Zelenople, PA. During this six day stay, participants will be engaged in a variety of lessons and activities designed to :

- increase social skills
- promote adult readiness
- build on employment skills
- encourage independence

Group activities will be based on individual interests and led by participants.

Glade Run staff will provide 24-hour supervision and support.

Program Eligibility

Glade Run's Independent Living Experience is designed for:

- young adults diagnosed with autism and/or an intellectual disability that are ages 18 to 30 years.
- individuals who have the ability to self-administer all medications
- individuals who have the ability to navigate the community with support at a 1:5 ratio

Apply

Visit gladerun.org/autism/transitions-program/ Applicants must complete an online application form or call 724-452-4453x2124 to obtain a paper application. Space is limited.

*Eligibility contingent upon approval of application. Space is limited, so please register early. Completion of an application does not imply acceptance. All applicants will be contacted by Glade Run.

Program Details

Young adults will experience life away from home and gain an understanding of their true abilities.

Cost: \$1,500 per person

Amenities:

- Private bedroom and bathroom
- Meals included
- Laundry facility on site
- Staff provides 24-hour supervision and support
- Access to Glade Run Adventures therapeutic animal and horticulture area

Participants should bring:

- Hygiene supplies (including shampoo, conditioner, soap, deodorant, razor, shaving cream, toothpaste, toothbrush)
- Twin bed sheet, Pillow, Blanket
- Sunscreen
- 6 days of clothes/shoes
- Medication in travel case
- \$50 - \$100 in spending money (kept in purse or wallet)

