

Independent Living Experience

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

About the 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 campus in Zelienople, PA. During their stay, they will be engaged in a variety of lessons and activities designed to:

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

Nightly group social 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:

- individuals 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



2019 Dates

- Week 1: June 9-14
- Week 2: June 16 -21
- Week 3: June 23-28



Program Details

Cost: \$1,500/person (*payment plan available*)
Call to discuss payment options.

Amenities:

- Bedroom and semi-private 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 and toothbrush)
- Twin bed sheet, Pillow, Blanket
- Sunscreen
- 6 days of clothes/shoes and 1 day dress clothes
- Medication in travel case
- \$100 in spending money (kept in purse or wallet)

An Overview of the Week's Activities

Each day has a specific focus but also includes morning and evening meetings, self care time, nightly group activities based on interests, meal preparation and physical exercise. Also, presentations by professional speakers are provided.

Sunday (Arrival)

- House tour and expectations
- Campus tour
- Meal planning
- Order pizza
- Movie
- Self Care

Monday (Independent Living Skills)

- Grocery shopping
- House jobs
- Healthy Relationships
- Stress Management

Tuesday (Employment Skills)

- Certifications/Trainings
- Work Readiness
- Interview basics
- Money management

Wednesday (Independent Living Skills)

- Human Sexuality
- Social Media
- Laundry
- Hair cuts
- Table etiquette/Manners
- Fine dining

Thursday (Employment Skills)

- Certifications/Trainings
- Soft skills for employment
- Glade Run Adventures/Greenhouse

Friday (Social Skills)

- Breakfast in Zelienople community
- Picnic lunch
- House jobs

For more information or to apply:

Visit <https://gladerun.org/autism/ile-program/>

Applicants must complete an online application form or call 724-452-4453 x2124 to obtain a paper application. Space is limited. Payment plan available.

**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.*



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www.gladerun.org/ILE

