

I'm interested. Tell me more!!!

### *Life at the Apartments*

- **LIFE Experience** is located in apartments that cater to college/university students
- Apartments are conveniently located minutes from UNF, central shopping, beaches, movie theatres, and museums
- Participants enjoy the privacy and responsibility of their own bedroom and bathroom in furnished 4 bedroom/4 bath apartments
- Each apartment has a peer aged Housing Assistant to provide live-in guidance
- The apartment complex provides security officers who strive to provide a safe living environment
- Apartment amenities include: two swimming pools, tennis courts, basketball courts, volleyball courts, club house, pool tables, ping pong tables, fitness center, and wireless internet



Sessions  
(You can choose one or both sessions)

Session 1: June 4, 2012-June 29, 2012  
Session 2: July 2, 2012 -July 27, 2012



Application Deadline: April 10, 2012

LIFE Experience 2012

For more information, including fees,  
contact:

LIFE Experience  
Office: (904) 620-3890  
1 UNF Drive (Building 57/Room 2800)  
Jacksonville, FL 32224  
Email: LIFE@arcjacksonville.org

Funding Options:  
Private Pay  
CDC+ Med-waiver

The Arc Jacksonville  
Presents:

# LIFE

*Living Independently; Finding Enrichment*

## Experience

A four week summer program for young adults 18–26 years of age with developmental disabilities.



**Mission:**

*To allow parents and individuals with developmental disabilities to discover the possibilities of living independently.*

## What are the benefits?

- Obtain a “sneak preview” and crash course into living independently from families and living with roommates
- Gain Independence
- Develop friendships
- Enhance decision- making skills and the ability to: *“Plan it, Post it, and Proceed with it”*

**Social Emotional Skills:** Team building, social etiquette, personal boundaries, expressing/ identifying emotions, conversation skills, non verbal communication, and stress management



**Daily Living Skills:** Cooking, chores, hygiene, medication management, budgeting, sewing, safety/ emergency, household repairs, transportation training, and decision-making

**Leisure:** Learn how to occupy free time, enhance time management skills, plan social events, explore interests/ hobbies and the community



Parents are part of the **LIFE** Experience team! Regular reports are provided to parents.

### Leadership Role!

More independent options may be available for past participants.

## A Sample Day

- Wake Up - Prepare for the day
- Prepare breakfast
- Meet by the pool to plan the day
- Play tennis
- Enjoy pool house leisure activities
- Learning kitchen/food safety
- Cooking lunch
- Training in First Aid
- Budgeting
- Taking Social Etiquette class
- Prepare dinner
- Planning meals and shopping
- Take city bus to movie theatre
- Turn off lights



## What are you waiting for? Get some **LIFE** Experience!

Individuals with developmental disabilities and their families may not know their prospects for living independently.

The **LIFE** Experience provides the opportunity to experience life away from home and for families to learn how their son or daughter might successfully transition into community-based living.



Interested individuals should meet the following:

- 18-26 with a developmental disability
- Have exhibited a need and desire for greater independence
- Be able to travel independently while at the apartment complex
- Socially adaptive and responsible behavior when left unsupervised
- Be able to communicate with others
- Be independent in grooming and hygiene routines\*

\*Note: Participants needing personal care assistance and any other modifications should call for further information