

# SUMMER AT A HOME... AWAY FROM HOME

## EXPERIENCE SUPPORTED COMMUNITY LIVING... IN TORONTO

### HOME STEP - SUMMER PROGRAMS

Our Home STEP program supports adults who have a developmental disability, and who will require supported living, to learn life skills to live with increased confidence and independence, with the support of coaches, mentors and support workers.

With the individuals consent and direction, our excellent staff help an individual to take care of things he or she needs, such as everyday living and making reasonable choices. The program operates out of our NextStep Clubhouse, located at 1105 College Street, Toronto, Ontario.

Our NextSTEP Club House is within 10 minutes walking distance from a subway station, library, gym, mall, park, and is surrounded by local restaurants, shops and stores. The neighbourhood also hosts a great selection of recreation and leisure activities, including: art therapy, music therapy, outdoor skating/basketball, karaoke, billiards and games.

### LIFE SKILLS

- Completing the Activities of Daily Living (ADLs) with increasing independence

### COMMUNITY LIVING SKILLS

- Share common areas and living space with family members or roommates
- Transit Training

### ADAPTIVE SKILLS

- Real-life problem solving
- Dealing with the unexpected and unplanned
- Develop strategies to keep safe
- Where to go for help

### SAFETY AWARENESS

- Personal safety
- Community safety



### PARTICIPATE IN OVER 50 ACTIVITIES:

#### ENGAGING COMMUNITY EVENTS & ACTIVITIES

- Amusement Parks
- Water Parks
- Major League Sporting Events
- City Attractions
- Festivals & Community Events
- Concerts & Live Performances
- Sports & Games
- Theatre & Stage Performances



#### WATER GAMES, SPORTS AND SKILLS

- Instructional Swim • Waterfront Games
- Free Swim • Canoeing • Sailing • Kayaking
- Pedal Boating • Fishing

#### EXPERT INSTRUCTION & SKILLS BUILDING

- Dance • Horseback Riding • Vertical Playpen • Bicycling
- Trampoline • Sports • Fitness • Yoga

#### CREATIVE AND ARTISTIC ACTIVITIES

- Music • Wood Shop • Dance • Drama • Arts & Crafts
- Singing • Photography • Gardening

#### SPECIAL CABIN ACTIVITIES

- Great Group Games • Hikes • Outdoor Cooking
- Nature Lore • Skits • Nature Walks • Camp Outs
- Movies • Team Building Games • Movies • Camp Fire



REGISTER AT: [HTTPS://NEXTSTEPSUPPORT.COM/WEEKLY-RESPITE](https://nextstepsupport.com/weekly-respite)

## TIMELINE

### PLAN AHEAD!

Book an appointment with our program coordinator as soon as possible.

### MID-JANUARY 2019

Program, course and cost details available online.

### EARLY FEBRUARY

Applications open.

### 1ST OF MARCH

Program information sessions begin.

### 1ST OF APRIL

\$1,000 deposit due. Early bird discount deadline.

### MID-MAY

Remaining fees due

### MID-JUNE

Pre-Summer Orientation (PSO).

### JULY–AUGUST

Summer of Discovery begins!



## PROGRAM FEES

### Single Room Fees

Home STEP Month .....	\$8,600
Home STEP Week .....	\$2,600

### Shared Room Fees

Home STEP 1 Weeks .....	\$1,600
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Please note that spots are limited, with 6 participants per week.

## HOME STEP TRAINING MONTH (SINGLE ROOM)

This program is a 28 days program, that simulates independent living in a Supported Living environment. Participants typically take part in recreation, leisure, work and social activities. There is an emphasis placed on choice making, independence and sharing resources. Participant share space and resources with one other person in a 2:1 participant to staff ratio. Food, travel and activity fees included.

### 4 Week Sessions

Sunday, June 30 - Saturday, July 27  
Sunday, July 28 - Saturday, August 24

## HOME STEP TRIAL WEEK (SINGLE ROOM)

This program is a 7 days program, that simulates independent living in a Supported Living environment. Participants take part in recreation, leisure, work and social activities. Participants are assessed on their abilities to make informed choices, share space and share resources. Participant share space and resources with one other person in a 2:1 participant to staff ratio. Food, travel and activity fees included.

### One Week Sessions

Sunday, June 23 - Saturday, June 29  
Sunday, June 30 - Saturday, July 6  
Sunday, July 7 - Saturday, July 13  
Sunday, July 14 - Saturday, July 20  
Sunday, July 21 - Saturday, July 27  
Sunday, July 28 - Saturday, August 3  
Sunday, August 4 - Saturday, August 10  
Sunday, August 11 - Saturday, August 17  
Sunday, August 18 - Saturday, August 24  
Sunday, August 25 - Saturday, August 31



## HOME STEP RESPITE WEEK (SHARED ROOM)

This program is divided into 7 day blocks. Participants enjoy an away camp experience, with the comforts of home. Participants take part in recreation, leisure and social activities. Participants are assessed on their abilities to make informed choices, share space and share resources. They share space and resources with one other person in a 2:1 participant to staff ratio. Food, travel and activity fees included.

### Weekly, One Week Sessions

Sunday, June 16 - Saturday, August 31