

# SUMMER AT A HOME... AWAY FROM HOME

## EXPERIENCE A SUPPORTED COMMUNITY LIVING... GETAWAY

### HOME STEP - SUMMER PROGRAMS

Our Home STEP program supports adults who have a developmental disability, and who will require supported living, to respect social distancing norms and 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 and our rural community site, located at 1646 Kennisis Lake Road, Dysart, Ontario.

Our NextSTEP Club House is within 10 minutes walking distance from a park, and is a 30 minute hike to lake Ontario, local water systems, trails and parks. The Clubhouse hosts a great selection of recreation and leisure activities, including: art therapy, music therapy, outdoor recreation, karaoke, movies 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 roommate
- Community Health & Safety 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 Games
- Water hikes
- Events Schedule
- Community Events
- Concerts & Live Performances
- Sports & Games
- Theatre & Stage Performances

#### NATURES SKILLS AN ACTIVITIES

- Outdoor Instruction • Nature Games
- Landscaping • Construction • Painting

#### EXPERT INSTRUCTION & SKILLS BUILDING

- Dance • Bicycling • 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 • BBQ



We Transition YOUR Life "Every STEP of the Way"

Complete Adult Support  
We Transition YOUR Life "Every STEP of the Way"

**REGISTER AT: [HTTPS://NEXTSTEPSUPPORT.COM/LIFE-SKILLS-TRAINING](https://nextstepsupport.com/life-skills-training)**

## 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

HomeSTEP Isolation (HSI).

### JULY–AUGUST

Summer of Discovery begins!



## PROGRAM FEES

### Shared Trailer

Home STEP Summer (28 days) ..... \$8,600  
Home STEP CLIK (28 days) ..... \$1,950

### Single Trailer Fees

Home STEP CLIK (28 days)..... \$3,700

*Please note that spots are limited, with 12 participants per week.*

### HOME STEP SUMMER MONTH (SHARED TRAILER)

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

June 1 - June 28  
July 1 - July 28  
August 1 - August 28

### HOME STEP CLIK TRIAL (SHARED TRAILER)

This program is a 90 days program, that simulates independent living in a Supported Living environment. Pairs 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.

#### 30 Day Sessions

6 Spots - September 1, 2020\*  
6 Spots - October 1, 2020

Please note that priority will be provided to individuals who have participated in the HomeSTEP Summer program.

### 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

July 1, 2020 - December 31, 2020

