

Life Works Program Description

Life Works is a state of the art facility designed to help people aged 18 and older with developmental disabilities live their lives to the fullest extent possible.

Life Works offers opportunities for people; to explore new avenues of learning, to acquire new skills, to spend quality time with peers, and to be an active member of the community.

The Life Works program partners with the individuals to design a plan by assessing strengths and by helping identify their goals. Everyone has a plan that is specifically tailored to compliment his or her needs.

Self-esteem, self awareness, self-representation and confidence building shall be accorded the highest priority and accomplished through the provision of competency-based instruction, community inclusion and therapeutic intervention.

At Life Works, you will see a vibrant, active community of people coming and going, greeting friends and sharing their journey in life with each other.

Life Works Services

Let the Journey Begin . . .

• Gateway to the Community

Get to know your community and become more involved. The Gateway program accesses resources in the community such as My Bus transportation, community centers, churches, area businesses, libraries and fitness centers to provide opportunities for community involvement, meeting new people and giving back by way of volunteering.

• Health & Fitness

Exercise and have fun! This program promotes physical activity and regular exercise to enhance or maintain current physical abilities. Take a walk on a treadmill, ride a bike, or go for a swim and lift weights at the local YMCA. Therapeutic recommendations (Physical/Occupational) are also carried out in the program.

• Pathway to Employment

The pathway program assists you with individualized job readiness skills. Explore and research your employment interests, create your resume or work strengths, build on social skills and volunteer in the community. This program can also assist you in the Department of Vocational Rehabilitation service application process, take classes at the Career Center and coordinate consultation with a benefit specialist.

• Steps to Independence

Steps provide a variety of opportunities for skill acquisition related to practical and fundamental life skills. The journey entails planning, purchasing, meal preparation and cooking, self-care, money management, safety awareness, social skills and participation in Speaking Up For Us (SUFU).

Employment Services

• Job Development

The Employment Specialist works with the Vocational Rehabilitation Department to assist individuals with pursuing work in the community. Job search activities are individualized to promote the desires and involvement of the individuals seeking employment. Trial work assessments, job training, and follow up are services provided to ensure positive employee/ employer relations.

• Work Support

Work Support is a therapeutic and supportive service provided to improve an individual's ability to independently maintain productivity and employment. Support is provided in an individual's place of employment and may be provided in an individual's home in preparation for work. A job coach can provide support in preparing for work, use of public transportation, work schedule, maintaining productivity, work safety, maintaining assistive technology and attend staff meetings and trainings. The amount of support needed is individualized.

• Employment Specialist Services

Employment Specialist Services provide support, consultation, instruction, and re-training to the employee, work support person, co-workers and employer. An Employment Specialist can provide environmental assessments, job site follow up, monitor job performance, assess and resolve job performance issues, task analysis, facilitate natural supports, assist the employer with accommodations and coordinate outside job supports.

Waban Projects, Inc., a community based agency, believes in the principles of normalization, integration and self empowerment in the least restrictive environment. All Waban programs operate utilizing these principles.

Admission Criteria

Criteria for admission includes the following:

- Any person 18 years of age or older (unless involved in a school program)
- Primary diagnosis of Mental Retardation or Autism
- Eligible for state/federal funding or private pay
- Residency in York/Cumberland County
- Does not present a danger to self or others
- Stable health (nursing care is not available)
- Potential to benefit in a structured setting

For more information or to obtain an application, please contact:

Program Co-Directors at 207-324-8736

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Waban



Life Works

*"Encouraging Independence,
Enhancing Lives"*

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