

## Our Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## Our Values

Caring, honesty, respect and responsibility are the basis for all that we do.

## did you know?

The **YMCA of Greater St. Louis...**

- has **110,000 members** and serves more than **500,000 participants** each year.
- has **21 branch locations** and more than **450 program sites** serving the area.
- created "Greater Needs" programs for **urban communities** with the support of five suburban YMCAs.
- is the largest provider of **child care, camp** and **aquatics** in the area.
- promotes a love of learning and reading in more than **5,000 children** in its Literacy Programs.
- has over **7,900 youth and adult volunteers**.
- teaches conflict resolution to more than **330 4th and 5th graders** through its Climbing Above Conflict program.
- participates with YMCAs in more than **130 countries** around the world.
- provided **\$1.9 million+** in direct financial assistance in 2000.



**The YMCA of Greater St. Louis**



[www.ymcastlouis.org](http://www.ymcastlouis.org)

# YMCA Adult Habilitation

**7023 South Broadway • St. Louis, MO 63111**

*The YMCA Adult Habilitation Day Program is a service-driven organization established to provide services for adults with multiple disabilities who are unable to be placed at this time in Prevocational or Vocational type workshops. The Program was established in 1985 with only eight persons enrolled and currently has twenty-two individuals attending the program. Funding for this program is provided by St. Louis Regional Center and individual funding sources. Scholarships are available on a limited basis. The Day Program offers services for six hours per day for a maximum of 225 days per year. Transportation is generally contracted by St. Louis Regional Center. The schedule of daily events is designed around the individual needs of a person enrolled in the program. Each individual is assigned to a group based on personality and individual differences. Some of the specific objectives for individuals at this time include feeding, toileting, prevocational training, grooming, tactile stimulation, auditory stimulation, socialization, and self-help skills. The normal staff to client ratio is 1:3. (State requires 1:4). The newest program will include community activities with a van equipped for wheelchairs. The program is licensed and inspected by the State Department of Mental Health. For additional information or a tour of the facilities, contact Debbie Redmond, Habilitation Director.*

## general overview

The YMCA Adult Habilitation Day Program is designed to assist adults over the age of 21 with developmental disabilities. Specifically, the program works with persons with a diagnosis of more than one of the following: epilepsy, aphasia (speech), visual impairment, cerebral palsy, spinal curvature, hearing impairment, full or partial paralysis, autism, autistic-like symptoms, severe to profound mental retardation, etc. These persons do not generally qualify for a sheltered workshop or formal prevocational training programs due to the scope of their disabilities. The program provides services for individuals to include working on basic skills in order to support and/or increase the person's abilities in the areas of self-help, grooming, sensory stimulation, grasping and manipulation of items, eye-hand coordination, eating skills, toileting, etc.

## history

The YMCA Adult Habilitation Day Program was started at the request of the St. Louis Regional Center after the completion of a successful day camp for disabled youth. The program opened its doors in July 1985 in a church in Arnold while serving eight individuals from the Jefferson County and South County

area. The program moved to South County in August of 1987 and remained at Park School (Special School District Building) for seven years. At the closing of Park School, the Habilitation Program moved to the South City area. The present site was opened in February 1996. The current location at 7023 South Broadway was built to suit the program and meet the ADA standards.

## visiting the program

The Habilitation Day Program is currently located at 7023 South Broadway. It is located a block and a half south of Loughborough and a half mile from Interstate 55 and Loughborough. Occupying two store fronts on Broadway on the west side of the street, the location is in between antique shops, TV repair shop, and restaurants. The Program has a small backyard for time outside of the building and sidewalks are accessible for wheelchairs in the area.

## staffing

According to the Department of Mental Health Licensing and Certification standards, the YMCA is required to provide a minimum of one staff member for every four individuals enrolled in the program. Due to the severity and need of these individuals, the YMCA prefers to maintain a staff of 1:3 client ratio whenever possible. Of the current staff in the program, average work experience for this program is 7 1/2 years. Training for staff includes CPR, First Aid, basic sign language, medication aid and physical crisis intervention. Of the staff currently employed by the Habilitation Program, there is a Licensed Practical Nurse (LPN), Massage Therapist, Certified Nurse's Aid (CNA), and a Qualified Mental Retardation Professional (QMRP). There are four full-time staff in addition to the Director, and four part-time staff working on this program.

## schedule

Monday - Friday 8:15 am - 3:45 p.m.  
Time off includes three weeks during the summer, one week for Spring break, and a minimum of one week at Christmas. Persons needing additional coverage may be able to arrange individual "after program care" with the Director. The program would consider taking individuals on a part-time basis such as two or three days per week if necessary.

## contact information

(314) 352-5087  
(314) 352-2185  
(314) 353-0439 (fax)  
dredmond@ymcastlouis.org  
www.ymcastlouis.org

## financial assistance

Persons attending from their home have been funded through the St. Louis Regional Center. Decisions for funding come from individual Case Managers assigned to the disabled person. Persons residing in Residential Care Facilities have a payment contract. The YMCA is willing to take private pay, if necessary, with the understanding that the cost would depend on the individual family's ability to pay. This program has a signed Medicaid Waiver contract with the State of Missouri.

## Community Involvement

### field trips

Historical sites  
Leisure drives  
Shopping  
Visits to YMCAs

### activities

Picnics in the Park  
YMCA Special Programs  
Exploring nature trails  
aerobic exercise  
water exercise  
games

## volunteer opportunities

The YMCA Adult Habilitation Day Program is actively seeking volunteers that would like to make a difference in the life of a severely disabled individual. Many of our class members thrive on attention from people other than their teachers and are seeking to develop a friendship with other individuals. Often, a person enrolled in the class does not have anyone other than staff members that can be considered a friend or an advocate for the individual. Some of the people have spent most of their lives in a residential care facility and have not known the love and friendship from family



or other individuals. Volunteer time can include working with one individual at a time to do the daily tasks, develop a hobby, or find an activity in the community where that person can participate on a weekly or monthly basis. Persons are needed who are able to provide sensory stimulation activities, walks in the neighborhood, one-on-one time for reading, music appreciation, or simple grooming activities. Volunteers



are needed to assist and organize parties such as special events and birthdays. Volunteers are appreciated if they can provide assistance in feeding and caring for an individual. Special field trips always need someone who can provide the time to research and plan in advance of events. Volunteers are an important part of our services. We also need help in designing an outdoor garden for the enjoyment of the individuals in addition to maintaining the back yard for them. *If you have the time, we need your help, please feel free to contact Debbie Redmond at 352-5087 or 353-4960.*

## possible expansion

The YMCA Adult Habilitation Day Program is thinking in terms of expanding the services offered by the Habilitation Program at its current location. Areas to be discussed and explored in the next year could possibly include one or more of the following: Senior Day Care, After Workshop Recreational Activities, Participation in Inclusion Services (such as Integrated Fitness), Expanded service hours, other respite opportunities. *If you are interested or need additional information regarding any of these items, please feel free to contact Debbie Redmond at 352-5087 or 353-4960.*