

ADULT DEVELOPMENT CENTER RESOURCE GUIDE



What Are They?

Adult development centers—also called adult development programs or adult day services—provide structured support for adults with disabilities. These programs focus on building daily living, social, and vocational skills through person-centered activities. Typically coordinated through regional centers, they promote independence, community participation, and also offer respite for caregivers. Families can explore options by reaching out to their local regional center, connecting with organizations such as Easterseals, or searching online directories like FindHelp.org.

These Programs Are...

Goal-Oriented Programs:

They provide services and activities designed to meet individual goals, promoting independence and self-sufficiency.

Community Integration:

Participants engage in community outings to museums, libraries, and parks, learning to function in public settings.

Skills Development:

Programs focus on a variety of skills, including self-advocacy, health and wellness, financial literacy, and vocational training.

Services Offered

Daily Living Skills: Instruction on managing time, money, and personal care.

Socialization: Opportunities to interact with peers and community members.

Vocational Training: Programs that offer paid work or volunteer experiences to explore career paths.

Creative Arts: Activities that promote expression and engagement.



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Key Considerations

Eligibility:

Programs often require an individual to be 18 years or older and have a diagnosed developmental disability.

Person-Centered Planning:

Programs are designed with individual goals in mind, allowing participants to choose activities that meet their needs and interests.

Caregiver Support:

These programs provide crucial respite and support for families and caregivers of adults with disabilities.

Finding a Program

1. Contact your local Regional Center:

The California Department of Developmental Services oversees regional centers, such as Alta California Regional Center, that connect individuals with IDD to necessary services, including adult day programs.

2. Search for Service Providers:

National organizations and local agencies, like Easterseals or UCP of Sacramento, offer a variety of programs.

California Resources

1. California Department of Developmental Services

<https://www.dds.ca.gov/rc>

2. Alta California REgional Center

altaregional.org

3. EasterSeals Superior California

<https://www.easterseals.com/superior-ca/our-programs/adult-services>

4. UCP of Sacramento & Northern California Adult Day Programs

<https://ucpsacto.org/programs-services/adult-programs>

