
Some of the essential skills needed
to live in the community our
program addresses are:

- ❖ Mobility in the community
- ❖ Recreation
- ❖ Socialization
- ❖ Independent living skills
- ❖ Self determination
- ❖ Vocational exploration
- ❖ Community Involvement on all levels
- ❖ Vocational exploration
- ❖ Volunteer work
- ❖ Paid work
- ❖ Developing community
- ❖ Self Advocacy
- ❖ Advocacy
- ❖ Alternative Methods

For more information on our
programs, please visit us online at:

www.futures-explored.org

Or contact one of our offices at:

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The ALIVE program is designed to increase the quality of life for its consumers by providing **individualized opportunities**. These opportunities enable our participants to become more independent, advocate for themselves and others, and enjoy a greater involvement in the communities in which they belong.

Participants receive a variety of services including individual assessment of needs and ongoing skills training. They also obtain instruction and personal assistance that enables them to engage activities and community outings of **their own choosing** to enrich and fulfill their lives.

ALIVE primarily serves adults over the age of eighteen with physical impairments, developmental disabilities, or sensory impairments who are clients of the Regional Center of the East Bay.

ALIVE consumers may need assistance with eating, restrooming, and other activities of daily living, but should not have a medical condition that severely limits their ability to attend program regularly, nor one which poses a danger during regular program activities.

Our widespread community involvement requires socially acceptable behavior. For maximum community involvement it is suggested that wheelchair users have access to a power chair.

Consumer Choice is Important

1). Our Consumers want to access community recreational and social activities. To make this possible, our consumers:

- ❖ Receive mobility training to travel as independently as possible in the community and learn to utilize local Paratransit services when needed.
- ❖ Learn to use all available resources (internet, newspapers, telephone, etc.) to suggest activities and keep up with events in the communities they belong.
- ❖ Develop social skills to better connect with peers, staff, and the greater community.
- ❖ Are provided instruction and skill practices aimed negotiating with other programs and services to gain desired outcomes.

2). Our Consumers want to do more for themselves and their communities. To act and live more independently, our consumers:

- ❖ Learn to advocate for themselves and others.
 - ❖ Gain confidence through active participation in activities.
 - ❖ Learn survival skills.
 - ❖ Plan and prepare meals from the grocery store to the dinner table.
 - ❖ Learn to manage their own finances and live within a budget.
 - ❖ Volunteer or gain paid work in their local community.
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Areas that suggested activities and outings develop skills in include:

- Recreation and Leisure Services
- Understanding Local Resources
- Health and Safety Trainings
- Survival Skills
- Computer Learning
- Telephone Skills
- Mobility Training
- Women & Men's health
- Volunteerism
- Work Skills
- Public Transportation / Paratransit
- Social Skills Training
- Social Networking
- Attendant Management
- Community College Courses
- Financial Management
- Cooking / Nutrition
- Sexuality Awareness
- Consumer Action Committee
- Outings to many Bay Area locations
- Special Community Activities / Events
- Artistic Expression
- Sensory Involvement
- Wellness Training
- Gardening and Horticulture Skills
- Advocacy and Self Advocacy
- Legislative Outreach and Awareness

Consumer Participation at all levels is **KEY!**