

## PRE-VOCATIONAL AND SUPPORTED EMPLOYMENT

Key elements are:

### ASSESSMENT

- ◊ Identifies strengths, interests, work skills and needs
- ◊ Provides short-term, paid community job tryouts

### JOB DEVELOPMENT

- ◊ Assisted by a placement specialist in obtaining competitive employment
- ◊ Employment matches skills and interests
- ◊ Assistance with resume development, interviewing and employer interactions

### JOB TRAINING

- ◊ Job coaching offered when employment is secured
- ◊ Assistance with short-term, on-the-job training
- ◊ Progress is monitored to ensure work success

### JOB COACHING

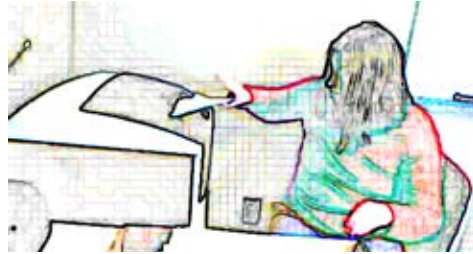
- ◊ Feedback and direction given when initially placed in community job
- ◊ Ongoing direction and support provided to increase confidence, maintain skills and obtain success

### COMMUNITY EMPLOYMENT

- ◊ Guidance and training provided to keep participants employed
- ◊ Work ranges from clerical, warehouse, digital imaging, maintenance and manufacturing duties, to restaurant, hotel and retail services

LIFE Opportunities recognizes that success in the world of work requires skills in —

- ◊ decision making
- ◊ personal safety
- ◊ healthy eating
- ◊ regular exercise
- ◊ social interactions
- ◊ work productivity
- ◊ teamwork
- ◊ interacting with the greater community



ProAct, the YMCA, community businesses and families in the Hudson-River Falls area are working together for:

- ◊ individuals with disabilities
- ◊ a community-based learning experience
- ◊ people desiring a more independent and self-directed life

As an accredited program with professionally trained staff and transportation to and from home, LIFE Opportunities meets funding requirements of state and federal programs.



## PROACT HISTORY

ProAct has been helping people with disabilities with employment related services and life enrichment skills for nearly 40 years, advancing the goals of promoting inclusion and helping them to live productive and rewarding lives. Thousands of people have received training and have been successfully employed in the community through the 501(c)(3) not-for-profit organization.

LIFE Opportunities' goal is to build a culture that enhances independence, self-advocacy and lifelong learning.

## LIFE OPPORTUNITIES

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



ProAct also has programs in Red Wing and Zumbrota, Minnesota.



# LIFE OPPORTUNITIES



HUDSON-RIVER FALLS  
**877-245-0405**

CONTACT KATIE MARK  
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Being included and interacting with the communities, businesses and nonprofits in the Hudson-River Falls area

# LIFE OPPORTUNITIES OPERATIONS

## COMMUNITY WORKPLACE

- Work assessment, job development training and ongoing support to find fitting work
- Ongoing job assessments, job coaching and transportation help achieve a successful work experience



## LIFE SKILLS/RECREATION SKILLS

River Falls expansive horse farm provides:

- Horseback riding
- Hiking
- Interaction with a variety of farm animals
- Gardening
- Cooking and daily living skills



## COMMUNITY CONNECTIONS

- Swimming and gym activities at the YMCA of Hudson
- Attend community celebrations
- Visit public libraries and other city and county facilities
- Enjoy local parks



## BASED IN PARTNERSHIPS

LIFE Opportunities was created by a community partnership. This highly interactive, community-based program actively seeks out multiple partners to expand the involvement of people with disabilities.

## DAY SERVICES INCLUDES:

### ACTIVE LIFESTYLE

LIFE Opportunities is not identified by a building, but is 100 percent out in the community. Regular swimming and gym activities at the local YMCA and a wide range of active hobby projects at The Stables, a River Falls ranch, and various employment responsibilities, make physical movement a daily routine. Wii interactive games encourage physical activity and social interactions. This active lifestyle builds a good foundation for living.

### HEALTHY EATING

Following the guide that good nutrition and healthy eating habits contribute to personal health, LIFE Opportunities participants:

- Cook their lunch on a regular basis
- Follow healthy eating guidelines
- Discuss healthy and unhealthy foods in planning, shopping and preparing meals and snacks

### COMMUNITY INTEGRATION

Without a facility, LIFE Opportunities aims to have a strong presence in the Hudson-River Falls area. Individuals become familiar with community streets and public facilities, learn safety habits and regularly attend community events. Daily travel to either a workplace, YMCA facility or The Stables will increase comfort and promote positive interactions in a variety of settings.

## LIFE OPPORTUNITIES

Staff hours M-F, 7:30 a.m. to 4 p.m.  
Program hours M-F, 9 a.m. to 3 p.m.

### Hudson

#### Businesses

Office and Assembly Work  
Hudson

#### YMCA

Gym Activities and Aquatics  
Hudson

#### Community Libraries, Events and Celebrations

Activity and engagement to stimulate the senses and explore the world of work, recreation, daily life skills and social connections.

St. Croix River



#### The Stables

Physical and Social Activities; Personal and Life Skills Classes  
River Falls

Kinnickinnic River

### River Falls

## EMPLOYMENT INCLUDES:

### WORK SKILLS

Work success is enhanced when:

- Work is customized to the individual
- Job coaches ensure involvement and quality of work
- Attention is given to work tasks, work endurance, supervisor relations and safe work habits
- Appreciation is shown for contributions of each participant
- Perfecting skills and learning new abilities is expected
- Listening and cooperation are encouraged to build teamwork

### PERSONAL LIFE SKILLS

The bungalow's kitchen/teaching area at The Stables in River Falls is a classroom for:

- Discussion on personal life skills, cooking, food preparation, cleaning and the every day organization of life
- Money management and shopping
- Personal hygiene and people skills
- Positive free-time hobbies and activities

Classes are taught in an open, conversational manner with experiential activities to enhance learning.

