

PROGRAM BENEFITS

Full or partial week The choice of full or partial week participation gives individuals greater flexibility and a chance to meet their own needs. Individuals are also able to choose care programs based on their interests.



Choice of classes Whether one's interests involve music, chess, sports, visual arts, tea time or cooking, there are classes to attract interest and help engage minds. The awakening that results opens doors for further progress in thinking and daily activities.

Multi-stimulation elements A number of activities and techniques are used to unlock capabilities and skills that have been submerged, helping people move toward greater involvement in life enrichment programs. ProAct fosters an ability to communicate and readiness for community work environments.

Employment/Training opportunities Group and staff interaction helps individuals gain skills and move to various well supervised employment situations for further growth. Many individuals who work through ProAct are employed in the community. Work placement can be in pre-vocational services and supported employment. Options chosen by the individual are available in the center, as well as in the community.

For some with brain injuries or related conditions, everyday activities like these can be difficult:

- interaction in the community
- working at a competitive job
- tracking time and dates
- appropriate people connections
- remembering people or experiences
- communication
- personal hygiene
- daily home care activities

Guided by individual interests and choices, ProAct's Adult Day Services program interviews and listens to each individual's choices for support and activities. People have positive interactions with others, feel part of a group and express their awareness of their surroundings. Activities encourage recall of everyday life experiences, family celebrations and traditions.



"The program encourages socialization and cognitive challenge. We hope to see people challenging themselves, cooperating with others and learning tolerance. I am pleased when people with different backgrounds become friends for a greater goal. One of our biggest observations is the importance of music.

We want to show people community resources and how to learn to find information on their own, such as using the library." – Dan Abramowicz, ProAct

CONNECTIONS TO AWAKEN THE MIND



(This information is available upon request in alternative languages and formats.)

ProAct is a nonprofit organization dedicated to serving people with disabilities and other challenges with a range of services that enhance employment skills and build individual self-sufficiency. Employers located in and around the Twin Cities area, in communities along the Mississippi River and in southeastern Minnesota and western Wisconsin, will find quality employees, as well as production services for their businesses.

ProAct, Inc.

Eagan
(headquarters)
3195 Neil Armstrong Blvd.
Eagan, MN 55121

Phone: (651) 686-0405 Fax: (651) 686-0312
TTY: (651) 289-3167

Red Wing
204 Mississippi Ave.
Red Wing, MN 55066

Phone: (651) 388-7108 Fax: (651) 388-9223
TTY: (651) 388-2799

For contact names and e-mails,
see proactinc.org
[facebook.com/proactinc](https://www.facebook.com/proactinc)

Equal Opportunity Employer



ProAct is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for employment planning, employee development, organizational and community employment services and community integration.

Programs funded in part by The Greater Twin Cities United Way, United Way of Hastings and the United Way of Goodhue, Wabasha and Pierce Counties.

ProAct, Inc. is a 501(c)(3) not-for-profit organization with more than 40 years of experience.



Providing a caring, stimulating and conversation-filled environment



ADULT DAY SERVICES

PROGRAM ENTRY

ProAct's Adult Day Services is a program licensed by Minnesota Department of Human Services (DHS). The program serves individuals with brain injuries and related conditions. People are referred by social workers and family members, beginning the intake process. Most services are funded through CADI, BI or Elderly Waivers, but independent funding is also an option. People may join the program following the intake process.

SERVICES

Assessment

Individuals identify their strengths, interests and needs through various classes, group activities and interviews. That information is combined with the level of personal care needed throughout the day to determine the most appropriate programs. Staff work closely with the individual, family members and social service professionals to maintain an ongoing, positive and stimulating program.

Transportation

ProAct's fleet of vans and buses, as well as alternative transportation options, get individuals to and from their homes and to all ProAct activities.



Professional Services

Nursing services provided by consultants on contract. Structured daily exercises are designed by a physical therapist who consults quarterly.

Classes

Consumers choose from an array of classes and group situations to coincide with personal interests and abilities, to stimulate the mind. Based on their desires and abilities, classes chosen may range from physical activities, such as bowling, to music, cooking, art and computers.

Group Celebrations

Seasonal celebrations recall past experiences and create positive memory structures of common cultural traditions. These events, which increase the comfort and security of group membership, reduce isolation and develop a sense of belonging.

Community Integration

Individuals enjoy visits to public locations and volunteer opportunities, with a healthy focus on community inclusion.



STAFF CREDENTIALS AND EXPERIENCE

Interactive and experienced staff bring a wide variety of skill sets within consistent surroundings. Routines add comfort. Most staff members have been certified by the Academy of Certified Brain Injury Specialists (ACBIS), and receive ongoing professional training throughout the year.



STRUCTURED ACTIVITIES AND EMPLOYMENT/TRAINING OPPORTUNITIES

Sample of Class offerings

- **Art**
- **Cooking**
- **Computer**
- **Newsletter**
- **Academics**
- **Chess**
- **Tea Time**
- **Puzzles and Games**
- **Shopping**
- **Music, with concerts**
- **Bowling/Outside Activities**
- **Community Volunteering**



Variety of Employment

- **Production/Assembly**
- **Clerical**
- **Restaurant/Hotel Services**
- **Janitorial/Maintenance**
- **and more ...**



Event Celebrations

- **Thanksgiving**
- **Mardi Gras**
- **Halloween**
- **Christmas/Hannukah/Kwanza**
- **Fourth of July**
- **St. Patrick's Day**

Event celebrations enrich lives as they help people recall childhood memories and gain positive group experiences.

