

VOCATIONAL SERVICES AND SUPPORTED EMPLOYMENT



COMMUNITY EMPLOYMENT

- ◊ Guidance and training to keep individuals employed
- ◊ Range of employment options based on interests

ProAct can be found in community businesses and workplaces to provide:

ASSESSMENT

- ◊ Individuals identify strengths, interests, work skills and needs
- ◊ Arrange short-term, paid community experience

JOB DEVELOPMENT

- ◊ Assisted by a placement specialist, seek competitive employment
- ◊ Identify employment that matches skills and interests
- ◊ Help with resume, interviews and employer interactions

JOB TRAINING

- ◊ On the job coaching
- ◊ Short-term training
- ◊ Commitment to ensure work success

JOB COACHING

- ◊ Individual chooses level of feedback and direction for initial job placement
- ◊ Ongoing direction and support to increase confidence, skills and success

LIFE OPPORTUNITIES recognizes that success in the world of work requires:

- decision making
- personal safety
- healthy eating
- regular exercise
- social interactions
- work productivity
- teamwork
- community interaction



LIFE OPPORTUNITIES builds community partnerships in the Hudson-River Falls area to:

- ◊ improve choices and options
- ◊ expand community-based learning experiences
- ◊ increase skills for 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.



WORK/LIFE SKILLS EXPERIENCE



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.

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ProAct also has programs in Red Wing and Zumbrota. 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.

LIFE OPPORTUNITIES



HUDSON, WISCONSIN
715-410-4216

INFO@PROACTINC.ORG

LIFE OPPORTUNITIES

OPERATIONS

LIFE & RECREATION SKILLS

- ◇ Cooking
- ◇ Gardening
- ◇ Money skills
- ◇ Fishing
- ◇ Horseback riding
- ◇ Daily living skills
- ◇ Exercise, swimming, at YMCA
- ◇ Personal grooming and games



COMMUNITY EXPLORATIONS

- ◇ Attend community celebrations
- ◇ Enjoy parks and attractions
- ◇ Community exploration
- ◇ Regional sight-seeing
- ◇ Local business tours



COMMUNITY WORKPLACE

- ◇ Work assessment, job development, training and ongoing support to find fitting work
- ◇ Ongoing assessments, coaching and transportation arrangements made for successful work experiences



BASED IN PARTNERSHIPS

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

DAY SERVICES INCLUDE: COMMUNITY INTEGRATION

LIFE OPPORTUNITIES aims to have a strong presence in western Wisconsin. Individuals become familiar with community streets and public facilities, learn safety habits and regularly attend community events.



ACTIVE LIFESTYLE

The LIFE OPPORTUNITIES program offers regular swimming and gym activities at the local YMCA. The program makes exploring the St. Croix Valley community through physical movement a daily routine. Interactive games encourage physical activity and social skills. This active lifestyle builds a good foundation for living, as well as the physical well-being needed for employment.

HEALTHY EATING

Believing that good nutrition and smart eating habits contribute to personal health and that "garden to table" foods are tasty and good for you, LIFE OPPORTUNITIES individuals:

- Cook their lunch on a regular basis
- Follow nutritional eating guidelines
- Benefit from their own backyard garden
- Discuss healthy and unhealthy foods in planning, shopping and preparing meals and snacks

Being included in and interacting with the communities, businesses and nonprofits in western Wisconsin

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

PROACT HUDSON FACILITY

Life recreation and work readiness skills
Hudson

AREA BUSINESSES

Variety of work opportunities
Western Wisconsin

YMCA

Gym Activities and Aquatics
Hudson

COMMUNITY EVENTS AND CELEBRATIONS

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



Kinnickinnic River

RIVER FALLS



TRAINING INCLUDES:

PERSONAL SKILLS (in-center setting)

As a group or individually, personal skills are addressed:

- ◇ Expressing interests, goals and aspirations
- ◇ Making decisions based on personal interests
- ◇ Life skills, cooking, food preparation, cleaning and everyday organization
- ◇ Money management and shopping
- ◇ Personal hygiene and people skills
- ◇ Positive free-time hobbies and activities

WORK SKILLS (community setting)

Work success is enhanced when:

- ◇ Work is based on individual's choices and interests
- ◇ Job coaches support individuals to ensure involvement and work quality
- ◇ Assistance is provided for work tasks, endurance, supervisor relations and safe habits
- ◇ Recognition is given for work success
- ◇ Modeled listening and cooperation encourage teamwork
- ◇ Individuals plan for future work opportunities

Focused discussions are held in an open, conversational manner with experiential activities to enhance learning.

