

EXALTED LEARNING CENTER

DTA/DTT PROGRAM



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INTRODUCTION

Exalted Learning Center

Life Changing Adult Day Treatment and After School Program

The “Exalted” Learning Centers (ELC) is Exalted Home Care’s Adult Day Treatment and After School Program located in Phoenix, Arizona. The center is located at 2850 South 36th Street Suite A14, Phoenix, Arizona 85034 in the center of the valley and borderline between Phoenix and Tempe, serving clients in these cities. It is five minutes drive from Sky Harbor Airport and ten minutes drive from Arizona State University (ASU) in Tempe. Arizona 85051. The overall goal of the ELC is to provide a program that promotes independence and self-esteem, thus improving an individual’s quality of life. The goal forms the basis for individual and group programs, providing direction and quality services for each person’s unique potential.

Understanding that making a choice is not always that easy, ELC is designed to help each individual make appropriate choices in life skills including sensory integration, work activities, leisure/recreational activities, motor development, arts, and music.

Exalted Home Care recognizes that each individual has different expectations in regard to their program requirements and therefore strives to provide each person with experiences that will enhance their ability to establish realistic personal goals and make good life choices.

We provide a variety of activities, materials, and settings through positive re-enforcement and various active and positive programs. Below are some examples of these programs ELC uses to help facilitate development and growth in each individual client.

- SOCIALIZATION& COMMUNICATION
- COMMUNITY OUTINGS
- ART
- PARTIES & SPECIAL EVENTS
- OUTDOOR EVENTS
- WELLNESS & FITNESS
- MUSIC
- READING
- COMPUTER SKILLS
- ARTS & CRAFTS
- GAMES
- HOME ECONOMICS

WHAT YOU CAN EXPECT

It is a privilege to provide services to all consumers under our care. We treat all our consumers with utmost respect at all times under all circumstances.

We create and maintain a loving, healthy environment for learning. We look forward to working with our consumers, embracing and accepting them for who they are, thereby enabling them to reach high peaks of growth in their personal lives.



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THINGS YOU SHOULD KNOW

Information about what we allow and don't allow and what we expect from our consumers.

1. Meals– Breakfast is not provided by D.T.A. Students/Consumers are to bring their own lunch, preferably in a pouch or lunch bag with their names written on it. (This is to help prevent potential problem of consumers mistakenly eating someone else's lunch). However, we are mindful of the fact that there may be days when consumer's lunch is forgotten to be brought. In this situation a light lunch will be provided by D.T.A. for the consumer.
2. Dress Code: Consumers are to be clean and properly dressed, with no private body parts showing. No "sagging" of any kind is tolerated.
3. Appropriate Language-All our consumers as well as staffs deserve the utmost respect at all times under all circumstances, therefore, cursing, swearing, name calling and disrespectful gestures are not encouraged
4. Personal Items–. Students may bring not more than two personal CDs each day.
 - 1 item for "show and tell" on Wednesdays
 - Extra clothing for "Community Days"
 - 1 video game per day. (Game must be validated by staff, to insure game is appropriate)
5. Use of Phones/Cell Phones: Students are encouraged to have their cell phones on vibrations. Students may return their calls only in designated areas. No uses of cell phones are allowed in the program areas/during program(s). Students are not allowed to use phones in DTA. However, if there is need for a student to contact their parents, support coordinators, guardians, Homes, etc., staff should be notified. DTA staff would place necessary and needed calls for the student.

REWARD SYSTEM

At Exalted Home Care, we want our students/consumers to understand that not only do we appreciate good behavior, it is also rewarded.

There is in place a reward system, where clients who participate in the different programs and activities are rewarded on a point system. These points are accumulated during the month, and at the end of the month the points are tallied, the client with the most points is rewarded with a prize.

It is important that our clients receive the proper dosage of praise, and make them understand that hard work does pay.

We also have monthly award ceremonies. Throughout the month we pay close attention to the behavior and conduct of our students/consumers. At the end of the month we award each student according to what they have exemplified most. These awards range from “perfect attendance” to “most respectful”. Once again we feel it is extremely important that our students understand that hard work pays.

ACADEMIC STUDY PROGRAM

Our academic study program has been constructed in order to teach, train, and assist our clients with cognitive skills. Students are given between 10-30 minutes (depending on their attention span) to learn addresses, dates of birth, phone numbers, hygiene, shapes, sizes, etc. Our desire and intent is to impart basic life skills to our clients. Since the implementation of this program we have seen growth and change in the everyday lives of our students.





APPENDIX A

OUR DAILY ROUTINE

8:00 am- DTA is open and ready to welcome the students for the day. Students come in and put their lunches and belongings in the appropriate areas. Staff engages in light conversations with the students so as to establish rapport and assess the demeanor of the students

9:00-9:15 - By this time all of our students have arrived and we officially start our day with our “morning venting session”. This session is multi-purpose and vital for our desire of a negative- behavior-free day.

We call this a “venting” session, because it gives our students a chance to be heard. They are given the liberty to appropriately discuss anything that concerns them. This also gives the staff an insight into what the day will be like with each individual student.

Our “venting” session is very structured and facilitated by staff. All of our students have specific goals which we are focused on helping them achieve. Majority of our students have goals that include achieving or improving on “verbal communication”, and “positive expression of their feelings”, these are also accomplished with our venting session as each student is engaged in paying attention when others speak as well as encouraged to participate—resulting in all of our students communicating and expressing themselves.

Other topics and areas that we explore during this session are:

- Hygiene
- Anger management
- Stranger danger
- Activities for the day
- Praise & Correction
- Building positive social relationships with peers.

10:00-10:15- On average our venting session ends around this time. At this time we break into our groups for activities& academic study. Our priority activities are catered to the interest of our students. We implement other activities solely for the purpose of exposing our students to “change” and “new things”. Examples of these activities are things like bingo, and puzzles. Most of our students cannot recall names, addresses, phone numbers, etc. Our “academic study is in place to correct this situation.” Each student is assessed in order to understand their cognitive capacity. Depending on the attention span of each student, time is spent with each student teaching them basic cognitive skills.

11:30-12:00pm—Lunch. DTA does not provide lunch; students are responsible for bringing their own lunches from home. However, in the event that someone forgets to bring lunch, staff will prepare a light lunch for the client.








1:00-2:00pm: Downtime. This is the time available for students to wind down after their lunch.. This diffuses behaviors that may occur due to stress, fatigue, and irritability.

2:00pm: This is the time reserved for pick-up and clean-up. Each student is encouraged to pick up after themselves and contribute to the cleanup of the overall facility.

3:00pm—Students leave for the day

APPENDIX B

Exalted Learning Center Activity Calendar

Mon	Tue	Wed	Thu	Fri
 <p>Academic Activity</p>	 <p>Library/Movies 4</p>	 <p>Art & Craft 5</p>	 <p>Bowling 6</p>	 <p>Outdoor 7</p>
 <p>Art & Craft 10</p>	 <p>Art & craft 11</p>	 <p>Academic Activity 12</p>	 <p>Library/Movie 13</p>	 <p>Bowling 14</p>
 <p>Art & craft 17</p>	 <p>Library/Movie 18</p>	 <p>Bowling 19</p>	 <p>Academic Activity 20</p>	 <p>Bowling</p>
 <p>Academic Activity 24</p>	<p>Holiday 25</p>	 <p>Art & craft 26</p>	 <p>Games 27</p>	 <p>28</p>

TYPICAL SCHEDULE AS FOLLOWS:

MONDAYS: 8-11AM

- Group meeting and programming
- Venting
- Grooming and hygiene
- Stranger danger
- Socialization and communication skills
- Anger management and self control

11AM-12 NOON

- Lunch

12:30-2PM

- Games, Bingo, Cards, Puzzles,

2PM – 4PM

- Computer and Academic Activities

TUESDAYS: 8-11AM

- Group meeting and programming
- Venting
- Grooming and hygiene
- Stranger danger
- Socialization and communication skills
- Anger management and self control

11AM-12 NOON

- Lunch

12:30-2PM

- Community Outing
- Outdoors Trip for entire group
- Bingo for the rest

WEDNESDAY: 8-11AM

- Group meeting and programming
- Venting
- Grooming and hygiene
- Stranger danger
- Socialization and communication skills
- Anger management and self control

11AM-12 NOON

- Lunch

12:30-30PM

- Community Outing for Floor Group
- Outing into the Community

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THURSDAY: 8-11AM

- Group meeting and programming
- Venting
- Grooming and hygiene
- Stranger danger
- Socialization and communication skills
- Anger management and self control

11AM-12 NOON

- Group Picnic for lunch

12:30-2PM

- Community Outing for -Bowling
- Movie for the Group

FRIDAY: 8-11AM

- Group meeting and programming
- Venting
- Grooming and hygiene
- Stranger danger
- Socialization and communication skills
- Anger management and self control
- Group meeting and programming
- Venting
- Grooming and hygiene
- Stranger danger
- Socialization and communication skills
- Anger management and self control

11AM-12 NOON

- Lunch

12:30-1:30PM

- Community Outing for the Group
- Community trip

2PM-3:0PM

- Weekend Party/Dancing

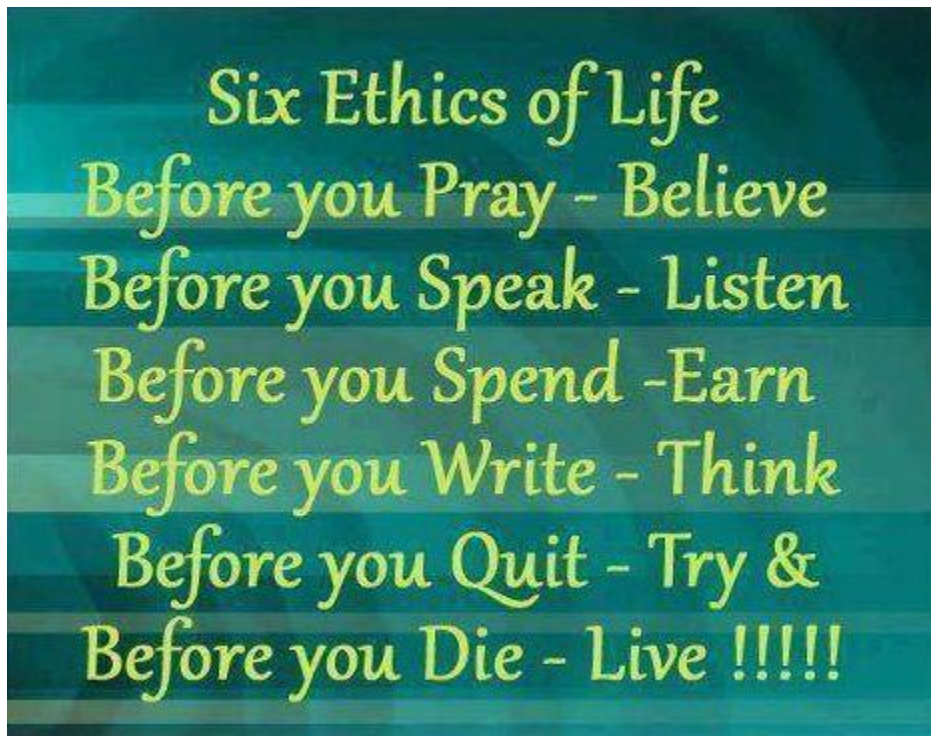
*Programs are subject to be changed and cancellation at the discretion of the consumers/ management

*Groups must be held every morning

ACTIVITIES INSIDE EXALTED LEARNING CENTER



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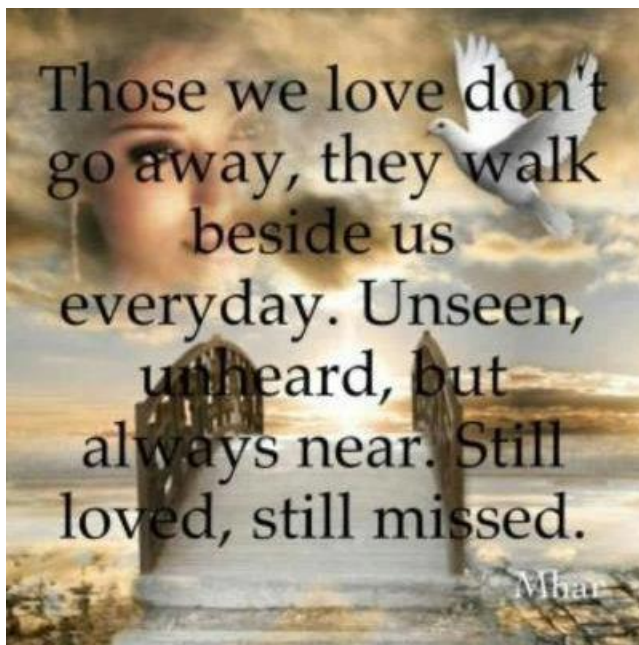


**DO
MORE
OF
WHAT
MAKES
YOU
HAPPY.**

ACTIVITIES INSIDE EXALTED LEARNING CENTER

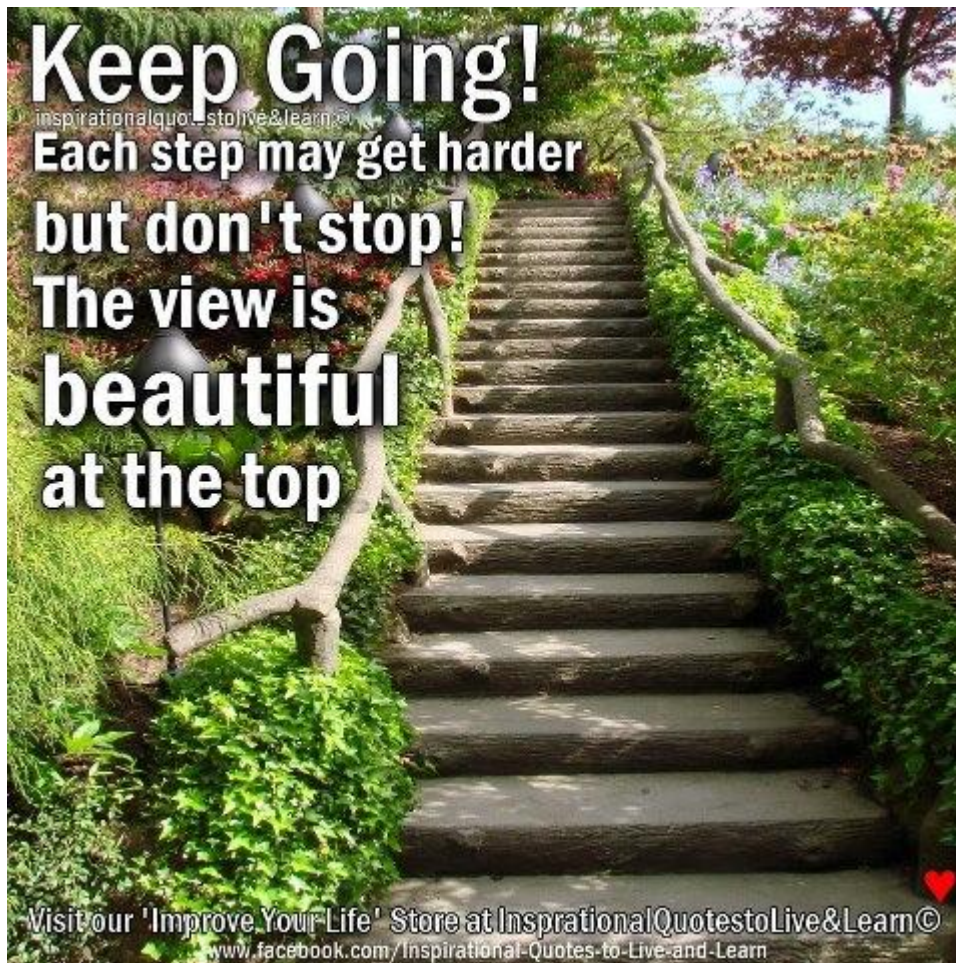


WORDS OF INSPIRATION



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WORDS OF INSPIRATION



"If you have an apple and I have an apple and we exchange these apples then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas."-George Bernard Shaw

The power of imagination makes us infinite. - John Muir

Try not to become a man of success but a man of value.-Albert Einstein



It is never too late to be what you might have been.

George Eliot

EXALTED HOME CARE LLC
Giving Help When It's Needed Most

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