



The **D.I.S.H Foundation** is excited to offer a **NEW SERVICE** for individuals with IDD called, **Specialized Habilitation!**

## What is Specialized Habilitation?

Specialized Habilitation can help you create healthy relationships, adapt to challenges, and improve your overall quality of life. This service helps people learn or maintain a range of life skills in any of the below categories. *Sub-categories are examples only, you are not limited to only those topics.*

<p><b>SELF EMPOWERMENT:</b></p> <ul style="list-style-type: none"> <li>⇒ Building Self-esteem and confidence</li> <li>⇒ Reflecting on personal values &amp; skills</li> <li>⇒ Adjusting behavior to reach goals &amp; handle problems</li> </ul>	<p><b>SAFETY AWARENESS &amp; SELF ADVOCACY:</b></p> <ul style="list-style-type: none"> <li>⇒ Safely navigating life online and in the community</li> <li>⇒ Learning about sexuality and healthy personal relationships</li> <li>⇒ Learning about appropriate touching and personal space</li> <li>⇒ Learning to say no, or asking for what is needed</li> </ul>
<p><b>INTERPERSONAL EFFECTIVENESS &amp; EFFECTIVE SOCIAL COMMUNICATION:</b></p> <ul style="list-style-type: none"> <li>⇒ Developing listening skills</li> <li>⇒ Balancing goals with 'wants' and 'shoulds'</li> <li>⇒ Learning how to uphold and maintain personal values</li> <li>⇒ Inviting a friend to lunch or event</li> </ul>	<p><b>COPING STRATEGIES FOR EVERYDAY LIFE CHALLENGES</b></p> <ul style="list-style-type: none"> <li>⇒ Missing the bus, running late for an appointment</li> <li>⇒ Making a "mistake" or missing a goal</li> <li>⇒ Adjusting to a new caregiver, roommate or family member</li> <li>⇒ Moving to a new home</li> <li>⇒ Unplanned changes to a schedule</li> </ul>
<p><b>LEARNING NEW SKILLS</b></p> <ul style="list-style-type: none"> <li>⇒ Ordering food in a restaurant</li> <li>⇒ Shopping and paying for things</li> <li>⇒ Paying bills and managing money</li> <li>⇒ Socializing, starting the conversation, maintaining the conversation</li> </ul>	<p><b>Want to learn more? Ready to sign up?</b>  <b>Contact: Suzanne Taylor   Founder &amp; President</b>  <b>Suzanne@dishfoundation.net</b>  <i><b>We look forward to working with you!</b></i></p>

## **ELIGIBILITY**

Specialized Habilitation is a new waiver service through the Development Disabilities Administration (DDA) and is for anyone enrolled in the Individual and Family Services (IFS)\*, Basic Plus, Children's Intensive In-Home Behavior Support (CIIBS) or Core waiver (and not receiving residential habilitation services). Unlike behavioral health services, no diagnosis is required; service plans are focused on specific goals the person wants to work on. Contact your DDA Case Resource Manager and tell them you'd like to work with the D.I.S.H. Foundation and see how Specialized Habilitation supports can help you meet your goals!



**D.I.S.H. Foundation:** Dignity | Independence | Sense of Purpose | Hope

**Mission:** To Employ & Educate Individuals with Intellectual & Developmental Disabilities

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