



LCF Young Adults

Mission Statement

LCF Young Adult Program is committed to providing a comprehensive and empowering experience for young adults with disabilities. Our mission is to support their growth and development in all aspects of life, including physical health, financial independence, job training, life skills, social interactions, and personal safety. We believe in the potential of every individual and strive to provide a supportive, inclusive environment where participants can learn, grow, and thrive.

Program Overview

The LCF Young Adult Day Program is designed to address participants' holistic needs through a combination of life skills training, job coaching, and wellness-focused activities. Our approach integrates practical skills, healthy living, and social engagement to help participants achieve greater independence and lead fulfilling lives.

Program Components

1. Life Skills Training

- **Financial Literacy:** Incorporating budgeting, saving, and making informed financial decisions.
- **Household Management:** Provide training on cooking, cleaning, organizing, laundry, folding clothes, and maintaining a safe living environment.
- **Personal Safety:** Educate participants on safety measures, including online safety, CPR, emergency preparedness, and self-advocacy.

2. Job Coaching and Training

- **On-the-Job Training:** Partner with local businesses to provide hands-on job experiences.
- **Workplace Skills Development:** Teach effective communication, teamwork, and time management.

3. Health and Wellness

- **Nutrition Education:** Offer workshops on balanced diets, meal planning, and healthy eating habits.
- **Physical Fitness:** Organize weekly fitness activities, such as yoga, cardio, strength, or group coordination.
- **Cognitive Exercises,** Motor planning, virtual spatial awareness, tracking, auditory processing and meditation

4. Social and Recreational Activities

- **Community Engagement:** Plan regular outings, such as museum visits, movies, bowling, mall trips, grocery shopping, or volunteer opportunities.
 - **Social Skills Development:** Facilitate group discussions, role-playing scenarios, and peer interaction.
 - **Hobby Exploration:** Offer classes in art, music, or other creative outlets to discover and nurture participants' interests.
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Program Goals

- Equip participants with practical life skills for independent living.
 - Foster financial independence by incorporating financial concepts and money management.
 - Promote overall health through physical fitness and nutrition.
 - Provide job readiness and workplace training for meaningful employment opportunities.
 - Build strong social connections and community integration.
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Program Structure

- **Program Duration:** Year-round Program, Monthly or Quarterly Payments, with sessions held daily and special events planned monthly.
 - **Sessions:** Monday - Friday
 - **Time:** 10:00 AM - 3:00 PM
 - **Cost:** \$500 per week
 - **Location:** LCF Kids Falls Church location and partner facilities.
 - **Eligibility:** Young adults aged 18 and older with disabilities eager to learn and grow.
 - **Staffing:** Experienced professionals in therapeutic recreation, adaptive fitness teachers, and ABA, including job coaches, life skills trainers, and fitness instructors.
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Partnerships and Resources

- Partner with local businesses for job placements and mentorship opportunities.
 - Work with experienced LCF fitness coaches at our facility for fitness training programming.
 - Work with experienced financial specialists to develop accessible literacy materials & games to incorporate financial literacy.
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How to Get Involved

- **Participants:** Enroll by completing our intake form and submitting payment on our website. The intake form will allow us to assess individual goals and needs.
 - **Volunteers:** Support the program by assisting in activities or mentoring participants.
 - **Donors:** Help sustain the program by contributing funds or resources.
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LCF Young Adult Day Program is dedicated to empowering young adults with disabilities to reach their full potential and live independent, fulfilling lives.

Join us in making a meaningful difference.