

# About Life Steps Foundation

**L**ife Steps Foundation is one of California's largest providers of supportive and independent living services. For over 25 years of community service we have remained dedicated to reinforcing the premise that our clients have the right and responsibility to choose where and how they would like to live.

We provide our services in the environment most beneficial to you. We select our staff carefully to match the goals and needs you define.

We have a history of extending our services to underserved populations through our culturally competent and well trained staff. Through individual referrals, government-funded agencies and community-based, private organizations, Life Steps reaches out to hundreds of people who need special care every day.

## Life Steps Foundation, Inc.

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**[www.lifestepsfoundation.org](http://www.lifestepsfoundation.org)**

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LIFE STEPS



FOUNDATION™

Adult Services



Life Steps Foundation is a fiscally responsible, culturally competent organization dedicated to meeting the health, psychological and socioeconomic challenges of individuals through their life span.

Life Steps Foundation and its affiliate organizations are 501(c)(3) nonprofit organizations.

# Philosophy

Life Steps Foundation is a nonprofit organization. We believe each person should have the opportunity to maximize his or her potential in the most normal environment possible. We are committed to promoting individual skill development with the person and with the family.

# Independent Living Skills

Program participants work closely with Life Steps to develop the skills they need to meet everyday challenges. This program teaches individuals the skills they need to live in the setting they choose and to maximize their potential. Through training, participants develop the ability to make appropriate choices, using problem-solving skills, and to use the support of their family and natural support systems.

At Life Steps, we are committed to developing skills; increasing and heightening self-esteem; and providing opportunities to become constructive community members.

# What You'll Learn

- ❖ Self-advocacy
- ❖ Community integration skills
- ❖ Budgeting and monetary skills
- ❖ Home maintenance
- ❖ Social and recreational skills
- ❖ Mobility training
- ❖ Nutrition and meal planning
- ❖ Grooming and personal hygiene
- ❖ Health and safety skills

# Supported Living Services

Supported Living Services empowers individuals to make informed choices about:

- ❖ Where they live
- ❖ Lifestyle
- ❖ Roommates
- ❖ Leisure and recreational activities
- ❖ Self-advocacy
- ❖ Medical Care

We begin with the premise that our participants have the right and responsibility to choose where and how they would like to live. With training and support, our participants reach their desired outcomes. They learn—with the help of Life Steps to develop a circle of friends and natural supports; they make positive contributions within their community.

# Family Life Support / Parent Training

A key factor in a child's growth and development is the parent / child bond and the interaction between them. Disrupting this bond can lead to poor self-concept; poor emotional and intellectual development; and in extreme cases, child abuse, neglect and the dissolution of the family.

Family Life Support / Parent Training teaches parents how to provide a safe, healthy, nurturing and stimulating environment. Parents learn to:

- ❖ Contact service agencies and community resources
- ❖ Health and Safety of the child
- ❖ Maintain a household and routine
- ❖ Become aware of child development
- ❖ Use appropriate, positive, basic behavior management techniques
- ❖ Provide their children with developmentally appropriate activities
- ❖ Increase positive interactions
- ❖ Experience the joys of parenthood

For more information, please contact the local office in your area.