

**F**ounded in 1983, Life Steps Foundation, Inc. is a nonprofit organization that provides in-home, community-based services for people of all ages who have physical, emotional or developmental challenges.

Life Steps Foundation is committed to providing services in the environment most beneficial to you. We select our staff carefully to match the goals and needs you define. Each staff member must also meet prescribed standards of competence and must continue to learn in his or her field of expertise.

Life Steps Foundation has a history of extending its services to those populations whose needs are underserved. Through individual referrals, government-funded agencies and community-based, private organizations, Life Steps Foundation reaches out every day to hundreds of people who need special care.



## ***“Perseverance***

*The nerve that never relaxes,  
The thought that never wanders,  
The purpose that never wavers,  
These are the masters of*

***Victory.”***

—Edmund Burke

## **Life Steps Foundation, Inc.**

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### **Northern California Adult Services Mission Statement**

NCAS will set the standard for high-quality, cost-effective social services and to promote an opportunity for independence through self-determination, choice and wellness, not only for the program as a whole, but more specifically the consumers we serve.

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Northern California Adult Services



*Adult Day Care and  
Transportation Services*

828C Mahler Road  
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(888) 546-3248  
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***Visit us online!***

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

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## Social Dynamics, Individualized Day Services and Transportation Services

**S**ocial Dynamics is a center-based support program that provides a variety of non-medical services, social services and planned, therapeutic, rehabilitative activities and volunteer opportunities. The programs are designed to serve the special needs of adults who have physical, emotional or developmental challenges and who require assistance and supervision. Social Dynamics and Individualized Day Services provide community integration, safety and mobility training.

**Individualized Day Services** is a community-based adult day program committed to providing education, training and supervision for developmentally disabled people who have behavioral challenges at a 1:1 staff to consumer ratio.

**NCAS Transportation Services** transport program participants to and from the center and to different locations such as public libraries, recreation centers, parks, the zoo, shopping malls, and other places where our program participants may benefit from being out in the community.



# The Program

Northern California Adult Services is staffed by highly trained, motivated and caring professionals. NCAS uses non-aversive behavioral methods to increase the participants' ability to work cooperatively and develop independent living skills.

The program's curriculum emphasizes the development of skills and competencies for our participants in the following areas:

- ◆ working cooperatively
- ◆ selecting leisure and recreational pursuits
- ◆ being able to communicate effectively
- ◆ increasing community awareness
- ◆ self-advocacy
- ◆ acquiring vocational skills

Whenever possible these skills will be learned in the social milieu of the surrounding community.

# The Neighborhood

Our program center is located in the City of Burlingame, situated amidst a variety of restaurants, quiet parks, and local retail outlets. Participants are encouraged to develop and practice socialization and self-sufficiency skills they learn in the community.

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## Program Activities



Participants interested in working are encouraged to pursue volunteer or paid employment. Investigating recreational opportunities or signing up for classes at the local recreational center are a few examples of the activities our participants are encouraged to explore. However, NCAS provides the following activities at the facility:

- ◆ exercise programs
- ◆ recreation and leisure
- ◆ vocational development
- ◆ mobility and safety training
- ◆ arts and crafts
- ◆ communication
- ◆ activities of daily living
- ◆ sensory activities
- ◆ community inclusion activities