

# Strengthening Self-Confidence & Personal Growth Through Community

In September of 2014, LSA launched the Community Integration Training Program (CITP) to help clients transition from traditional educational programs to more independent pursuits. A community-based program, the mission was to focus on the development of each individual's unique vocational skills, strengthen self-confidence and foster a sense of independence through volunteer opportunities.

CITP's Program Manager Timi Warikoru, has been instrumental in creating the individualized activity plans from the start. "The program was implemented to enhance and enrich the lives of our clients by providing meaningful activities aimed at developing different skill sets for work, social/recreational, and functional living."

Maintaining an intimate 1:3 staff ratio during each activity, the LSA team has been able to nurture each individual's needs through the activities they enjoy most.

Working together five-hours a day, Monday – Friday year-round, the staff and clients have formed some incredible bonds. "What I love about working with CITP is that I get to teach them life skills while out in the community to help them become more independent. I enjoy their company and learning from them as well," said CITP trainer Abigail Diaz. "I think the benefit of having a community-based program is they get to socialize with new and different people every day, while enjoying activities they like – bowling, golf land, malls and the gym."

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**Ya-chi, pictured left, loves to work and is cooperative anytime there is a new task or activity.**



**“I love that I go to the senior center because it’s a lot of fun and lets me forget about other stuff that concerns me. I love being around the people that I know and meet.”**

**– Audrey (participant)**



# Celebrate

## 15 Years of Service!

The start of 2018 marked a significant milestone for us – our 15th year of service. Rooted in the belief that everyone deserves to live their best possible life, in 2002 we set out with the goal of opening more than just residential houses, but loving homes where adults with developmental disabilities would have more opportunities to live independently in their community.

As we reflect on LSA's incredible growth, OUR success is a direct reflection of the strong support of our community over the years. WE have developed into an organization that makes an impact in people's lives, and are committed to continuing to build on this success as we look forward to our 13th home. LSA is deeply grateful to all of our donors, family members, staff, and most importantly, those we serve.

– Dana Hooper, Executive Director



**At the Finish Line**

*with Gratitude*

Thanks to YOU, 2017 was an incredible year for LSA. From progress on the Home 12 project to our first #GivingTuesday Facebook fundraiser and everything in-between, your support has meant more adults with developmental disabilities will have brighter possibilities in 2018.

We are entering the final phase of furnishing and putting on final touches before welcoming four new family members this spring to our Ramita home. More details to come on our website ([LSAhomes.org](http://LSAhomes.org)) and on our Facebook page ([facebook.com/LifeServicesAlternatives](https://facebook.com/LifeServicesAlternatives)) for open house dates!

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## Magic Moment

### Sitara Saves the Day!

We all experience those unexpected household mishaps that wreak havoc on our daily routines and create a major inconvenience. It's no different for residents living in an LSA home – especially when the hot water heater goes out!

Thanks to Sitara, however, the Jordan-Bennett residents took this household calamity in stride. She kept her roommates calm and reassured them that everything was going to be just fine. And after all, the ladies got to stay in a hotel that night which was way more fun - like being on vacation with friends! Sitara received a certificate of merit recognizing her leadership and grace under pressure. She proudly displays it in her room.



**Way to go, Sitara!**

# Event Wrap-Up

## SFASA – Visionaries Breaking New Ground for Adults with Autism/DD

This past December, the SF Autism Society hosted more than 40 innovators from around the country and 475 registrants for their annual conference at Stanford. The mission for this year's event was to provide both parents and professionals invaluable resources to support and plan housing options for adults with autism and related developmental disabilities.



During a panel discussion on housing models, Dana Hooper and colleagues discussed a broad range of housing options including licensed residential homes, accessory dwelling units (ADUs), private landlord models, and more. Dana also led a breakout session for those interested in learning how to create licensed residential homes. It was an incredible event!

### Advocating in Advance

LSA and Parents Helping Parents (PHP) partnered for the Advocating in Advance Conference this February to plan for children with disabilities. The presentations included topics on housing options, supported decision making, SSI/SSDI, Medi-Cal planning and more!

**For more information on future events or to obtain a copy of Dana Hooper's presentations, contact us at [info@lsahomes.org](mailto:info@lsahomes.org).**



## STRENGTHENING...

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Whether gardening at the Milpitas food pantry and Westhope Church, or working at RAFT, the day program has empowered clients to participate in meaningful and fun experiences to develop their sense of independence in community settings.

Looking forward to the future, the CITP staff all expressed pride in the strides each participant has made since beginning the program. "Our biggest accomplishment is providing opportunities for our clients and seeing them reach their personal goals," said Warikoru.

If you would like to help support the CITP program to help adults with developmental disabilities like Audrey, go to [LSAhomes.org/donate](https://LSAhomes.org/donate). *Thank You!*

**To learn more about our day programs visit [LSAhomes.org/services/programs](https://LSAhomes.org/services/programs) or contact us at [info@lsahomes.org](mailto:info@lsahomes.org)**

**The program provides life skills training and activities that help clients achieve positive self-esteem, independence and a greater sense of control over their own lives.**



Life Services Alternatives

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[LSAhomes.org](http://LSAhomes.org)

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creating home  
changing lives

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*From all of us at LSA - a heartfelt  
 THANK YOU for helping us  
 Create Home, Change Lives!*