



KHOBCARE

SPECIAL NEEDS CARE

INTRODUCTION

We unite and serve adults with a broad range of disabilities including cerebral palsy, autism, Down syndrome, developmental and intellectual disabilities, and other special needs. We serve adults as young as 18+ . We recognize each individual has a wide range of desires and needs, and we ensure everyone who works with our caregivers excel. Each adult is provided their own Development Plan that helps them meet specific goals daily.

Our innovative program recognizes that adults with disabilities show measurable progress and learn with greater retention when they are able to utilize all of their senses and where they are fully integrated into the community. Students are showing an increase in their mobility, Higher Rate with Employment , Emotional coping skills and additional experience with those in the community.

- Art - Is a great way to help focus on social and Mood stability management. This also allows for more passion and inspiration to shine through.
- Art/ Production- Our program is designed to meet each student at their current level of ability and encourages them to challenge themselves to reach their goals. These goals include increased mobility, selling a work of art, learning to use adaptive technology, or formulating a recipe based on the produce they grew in our garden
- Exercise/Daily activities- This program supplements center-based programs by offering a one-on-one exercise program or an education integrated program.
- Education Is important- Your care development form must be filled out by a Licensed physician or appointment must be scheduled with our Care Development Agent to assess Comprehension level. Program is designed to increase the importance of hard work and, at the same time, helps with growth and development. Thus, we are able to shape a better society to live in by knowing and respecting rights, laws, and regulations.
- Having additional needs that need to be met doesn't make you a "Handicap" (we despise this word) Not allowing someone to live up to their true purpose "IS".

These young adults/adults need:

- individually prescribed, concrete, step -by-step teaching strategies in an educational or training setting
- sensitive and encouraging acceptance in the workplace selected; and continuing but not constant, supervision from family, friends, and other adults for a number of years.

As mentioned above, these young adults frequently have long term goals of living and working independently, as do their siblings and peers. Professionals now believe that increasing independence is reasonable for this group if they can spend additional time in specially tailored programs or have family support to help them develop both skills and strategies for coping with life.

That is, most should eventually be able to live independently from family in a supportive setting. They should be able to work competitively, and to enjoy a satisfying and useful adult life. With long term family encouragement, they can be increasingly independent and take their places in society. Parents and advisers who call or write to Khobcare are searching for programs that will provide additional training in how to:

- make appropriate choices;
- develop a reasonable plan and follow through on it;
- improve ability to concentrate on instructions and complete assigned tasks;
- behave within the boundaries of social acceptability;
- develop and demonstrate positive self-concept;
- perceive and respond to social cues or nonverbal behavior
- develop planning and goal setting strategies, which will develop foresight and judgment;
- reflect on their own strengths and weaknesses;
- express needs to the appropriate persons, as a self advocate;
- decide to ask for help in any of the above.

In order to accomplish these goals, the programs should teach social skills, study skills, entry level work skills, and specific job skills. The hope is that the young adult will then be more able to consider special programs in a community college or in vocational training, and be able to live semi-independently, as with a small group of friends

Recreation/Leisure-Can he/she:

- _ use free time for pleasure choose reasonable activities
- _ pick a hobby
- _ perform required activities
- _ use community resources

Community Skills Can he/she:

- _ use public transportation
- _ shop for groceries, clothing
- _ make necessary appointments
- _ use phone
 - use bank accounts
 - be safe in traffic, among strangers
 - know how to seek help
 - handle money

Social/Personal Skills Can he/she:

- supply appropriate personal identification
- greet people appropriately
- use contemporary style of dress, hair, make-up
- use good grooming, hygiene skills
- "talk" with friends/co-workers
- be courteous
- be responsible
- be happy

Our Goal:

Khobcare wants to help with the skills that's needed for success and resources to maintain everyday life. Everyday is a day for learning and skill development and Khobcare provides one-on-one special needs caregivers that focus on the individual as a person and not someone with a disability. How can we make their life more promising? What are their interests? Do they do well in a group setting or individually? These are KEY questions to help with the plan development of those who need extra assistance with managing everyday life.

What can you do in your spare time? People who live independently from their families make their own decisions about how to spend spare time. Since you may eventually want to live with one or more friends, it is helpful to begin looking for people who share interests with you. You can make friends more easily if you are in a group learning and enjoying activities together.

Here are some ideas:

- Social clubs, churches, synagogues, and community centers
- Creative and recreational activities, such as handcrafts, photography, painting, cooking, woodwork, exercise classes
- Sports, acting, or singing groups
- Volunteer jobs in community organizations

Khobcare focuses on individuals living independently or even within families homes or facilities. Teaching ways to be successful within group settings and how to be respectful to those in public. We evaluate triggers that cause individuals to react unexpectedly or a sudden increase in loud sounds can become very unpleasant. Showing ways to adapt to social settings and become with society is extremely important. Sports, social clubs and even church can provide a sense of peace and happiness; even if it's temporary. The long term goal is to teach relationship building, public conduct and social diversity.

Care Development plan:

- Let's evaluate all behavioral concerns/triggers
- Let's focus on social skills
- Let's build skills aimed to help with social adaptation
- Public outings / interactions
- Education development , let's set goals in reading/writing/ speech
- Let's teach proper hygiene and daily living needs
- Mental development skill building that focus in on a daily goals

This program type allows clients to choose from a wide variety of activities such as visiting museums, libraries, concerts, and other cultural events. A wide selection of classes is available which includes exercise, cooking, computer technology, and arts and crafts.

We are not a day program:

All services are provided throughout the community, in families homes or designated care facilities. If individuals currently live within a care facility the facility must be made aware of the changes with Khobcare becoming a part of the care plan. Families who would like services provided within the home will have to coordinate with Khobcare/staff

the daily needs for overall growth and development. We aim to provide a safe and nurturing environment for all of our client's.

Individual Living Advance Program:

Khobcare strives to support individuals with intellectual or developmental disabilities in all aspects of their life. This includes living as independently as possible in a home of their own. The Arc offers two programs that support this objective: the Independent Living Services Program (ILS) and our Support Living Services Program (SLS). Both intend to provide the services, training, and support necessary to achieve the highest degree of independent living.

The ILS Program is designed to be a short-term service which enables clients to acquire the necessary skills to live as independent adults with minimal assistance. The program model includes training in essential life skills and include, but is not limited to: meal preparation which encompasses basic food groups, planning well-balanced meals, and basic nutrition; personal shopping which includes groceries, personal care items, cleaning supplies, clothing, and household supplies; personal property care to include appropriate laundry techniques, ironing, storage of clothing, use of laundry appliances, the use of other personal items; appropriate grooming, daily bathing, oral hygiene, hair care, clean clothing appropriate to the activity and weather, and participation in leisure activities or hobbies. Training may also be provided to assist clients in acquiring the appropriate social and communication skills to be better able to express their needs and concerns and to learn problem solving techniques.

*In addition to the ILS Program, Khobcare provides Supported Living Services (SLS) in a single-family home setting. This program is designed as a transitional residential home for clients that require a higher level of training and supervision. The purpose of the SLS Program is to provide a transitional training experience to assist clients in moving to a more independent environment, including services provided by the ILS Program. The training that is provided is similar to that of the ILS Program but more intensive and is tailored to meet each person's individualized goals and objectives. Training and supervision is provided on a 24-hour basis with professional staff on duty at all times. **All programs are covered by the individual or family that is over care.***

Rates/Financing:

Khobcare provides skilled caregivers with exceptional experience to provide necessary care/skills with years of experience. This is not a government funding program or non-profit organization provided throughout the community. All care is provided by Khobcare and payments are to reimburse staff/company for time rendered. Rates start at \$20.00 per hour and will be adjusted based on additional care that will be needed by Khobcare/Staff. No set amount is guaranteed as a full "Care Development Plan" must be completed to help with overall care.

Let's Go We're Ready:

Call and schedule a Care Development Appointment
Complete Intake Forms
Service Contract Completion
Daily Activities/Needs Plan Created
Current Skill Level/ Goals during program
Time Frame For Services Agreement Signed/Dated

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