

# Day Habilitation & Community Experience

UNITED CEREBRAL PALSY OF METROBOSTON

- We are more than our name -

## What are UCP Day Services?

Day Hab and Community Experience are therapeutic-based day services for adults with disabilities provided in a vibrant environment at two locations in Watertown, MA. Both locations offer creative programming and community adventures. Programs focus on individual growth, skill enhancement, and goal development with a separate and specialized curriculum designed for those experiencing Dementia, Alzheimer's Disease and other aging diagnoses.

## Enrichment Activities

Enrichment activities include:

- Wheelchair driver training
- Healthy living and fitness
- Volunteer activities
- Book clubs
- Photography
- Technology
- Horticulture
- Music
- Arts
- Crafts
- Drama
- Movement
- Field trips
- Cooking
- Special guests



## Individuals Served

- UCP supports individuals with a variety of physical and cognitive limitations.
- Programs support a blend of ages, diagnoses, and abilities.
- UCP provides a high staff to participant ratio for optimal care.
- Programs provide daily nursing oversight.
- UCP is specialized in working with a medically fragile population.

# What Makes UCP Day Services Unique?

## On-Staff Therapists

UCP employs Physical, Occupational, and Speech and Language Therapists. Our therapists specialize in swallow function, alternative and augmentative communication (AAC), positioning equipment, range of motion, exercise programs, enhancing mobility, wheelchairs, assistive technology and adapted equipment. They work closely with all staff to create the most effective solution for each individual.

## Recreation

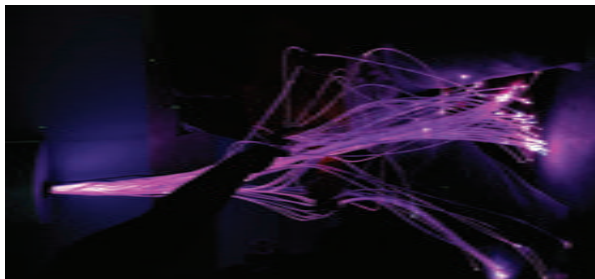
Individuals have access to a variety of creative and challenging activities throughout the year.

## Community Location

Our Watertown Square location offers integration opportunities for participants within the community.

## Sensory Room

A state-of-the-art sensory room provides sensory relaxation, stimulation, and exploration.



## Why Choose UCP?

For over 65 years, UCP has provided supports and services to individuals with cerebral palsy and various physical, developmental and intellectual disabilities promoting the full inclusion in all aspects of society. UCP has formed community partnerships utilizing resources and opportunities throughout the MetroBoston region to enable individuals to live life to the fullest!

For more information contact the Director of Day Services at:

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*Life without limits for people with disabilities™*