

**Contact:**

## ExploreAbility Program

### Purpose:

The AbilityFirst ExploreAbility Program is intended for adults who want to acquire the skills and independence to access and use their community in work, daily living, and leisure. Individuals in the program are empowered to set and pursue personal goals with an emphasis on employment readiness and increased community connections.



### Goals:

The ExploreAbility program is designed to help adults with developmental disabilities to:

- Discover what is important **to** them: their interests, abilities, and goals
- Learn about what is important **for** them to be able to achieve their goals
- Become involved in their communities in their daily lives, work, and recreational and leisure activities
- Make friends, increase skills, and participate with others who share the same interests and goals
- Develop skills and autonomy as they pursue their personal goals in areas like work, daily living, and leisure.

## Highlights:

We value every individual and the program is offered to adults with a wide range of abilities.

- Programming occurs in community settings and utilizes the center to begin and end the day, plan activities and participate in instructional activities.
- Individuals in the program must be able to safely function within a 1 to 2 ratio (one staff member for two participants)

**Program Hours are Monday to Friday, from 8:30 AM to 6:00 PM.**

Eastern Los Angeles Regional Center Vendor # PE2958 Community Care Licensing Facility # 19860365 I

