

SHARING



Steve, FCSN Client

It is extremely difficult for me to talk to people. I have a tendency of just wanting to talk about topics that interest me. This has caused me to not have friends; I was always alone when I was younger. Luckily at FCSN, I am encouraged to learn new ways to talk and communicate with others. I haven't reached my goal yet, but I am on my way there. At FCSN, I feel like I belong, and I am happier I finally have friends.

Bel Haba, Parent

My son, Sami, has been with FCSN ADP since 2015, and it has been a great experience. FCSN staff's professionalism and great care are very much appreciated.



All Sami talks about from the first minute he wakes up is FCSN and his FCSN friends. He refuses to skip a day even if he is sick. As a family, we are thankful to have developed a strong bond with FCSN as one big family.



Bob Carlson & Terry Kao, Community Supporters

Collaborating with FCSN on Campbell Park projects since

2016 has been a very rewarding experience. FCSN ADP clients are hardworking, compliant, punctual, dedicated to their duties, and have a great attitude. City staff, including the Mayor of Campbell, Paul Resnikoff, are very impressed with them. FCSN clients not only beautified the Campbell parks, but also made us better people.



ADULT DAY PROGRAM

FCSN's **MISSION** is to help children and adults with special needs and their families to find love, hope, respect and support through integrated community involvement.

FCSN's **VISION** is to build brighter futures for individuals with special needs through support, training, innovative / therapeutic programs and advocacy.

FCSN's **PHILOSOPHY** is that we value clients' choices, promote independence and community integration, strengthen work readiness and emphasize family involvement.



CONTACT

EAST BAY DAY PROGRAM	SOUTH BAY DAY PROGRAM
Vivian Chao Program Manager vivchao@fcsn1996.org T: 510-739-6900 x 3309	Annabelle Foz Program Manager annabellefoz@fcsn1996.org T: 408-725-8000 x 202
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For more information about FCSN ADP, please visit:
www.fcsn1996.org

ADULT DAY PROGRAM

FCSN Adult Day Program (ADP) supports adults with developmental disabilities to enjoy productive lives, pursue personal growth and happiness, build confidence, and access community resources. FCSN ADP conducts Person-Centered Planning with you, assists you in setting personal goals, and provides comprehensive training and support to reach your objectives toward goals. FCSN ADP offers prevocational training, independent living skill training, life-enrichment classes, and community-integrated activities. You can make choices for activities, training/class selections and participate in schedule planning based on your preferences and interests.

FCSN offers Site-Based Day Program, Community-Integrated Training Program, and a combination of both in its three Adult Day Programs:

- 1) **East Bay Adult Day Program (EBADP)** is a combination of both, located in Fremont.
- 2) **Learning, Integration, Friendship, Empowerment (L.I.F.E.)** is a community program operated in Fremont.
- 3) **Work, Integrate, Learn, Live (W.I.L.L.)** is a combination of both, located in San Jose.

SERVICES & SUPPORTS



PRE-VOCATIONAL TRAINING

FCSN ADP offers prevocational training for you to learn job skills, contribute your passion, and become a productive and vibrant member in the community. Prevocational training through volunteer work in the community allows you to build skills in areas that you are interested in.



HEALTHY LIFESTYLE & INDEPENDENT LIVING SKILLS

FCSN ADP emphasizes healthy lifestyle practices and living skills training. A wide variety of innovative and fun classes promote optimal health and independence, such as: Sports, Dance Fitness, Wellness and Nutrition, Healthy Meal Planning & Preparation, Current Event Discussion, among others.



LIFE ENRICHMENT

FCSN ADP empowers you to explore your interests, increase creativity, develop self-confidence and discover your potential through an array of fun life enrichment activities, such as Music, Visual Arts, Drama, Dance, and Science.



COMMUNITY INTEGRATION & SOCIALIZATION

FCSN ADP assists you in exploring local resources and integrating into community. You can work on social skills, build friendships, sharpen communication skills, learn effective conflict resolutions, and practice safety awareness in the community.

OPERATING HOURS

Monday through Friday, 5.5 - 6 hours/day
(no summer and winter breaks)

RATIO

1:3 or 1:4 instructor to client ratio

FOR WHOM

- 18+ years old (after exiting school)
- A Regional Center client
- Enjoy learning and integrating into community
- Able to self-administer medication
- Without medical complications
- Without aggressive behaviors towards self or others

