

DAY SERVICES

Teaching Skills for Independence & Personal Growth



TOMPKINS COUNTY
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607-272-1741 ext. 438

CAYUGA COUNTY
31 Market Street, Auburn, NY 13021
315-253-6227 ext. 209

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ELIGIBILITY REQUIREMENTS

Prospective participants must:

- Be 18 years of age or older
- Be eligible to receive services through NYS OPWDD
- Have completed a Level of Care Eligibility Determination (LCED) form

The Referral Process

- A person's care manager contacts Unity House, then submits a referral
- Unity House will schedule a face-to-face meeting with direct support staff and provide a tour of the facility

UNITY HOUSE'S MISSION: to empower and enrich the lives of people in recovery, coping with a mental illness, and/or diagnosed with a developmental disability. This is accomplished by offering services and supports in an inclusive, person-centered environment.

OUR VISION: all individuals are respected and lead lives of personal fulfillment and acceptance within our community.

OUR CORE VALUES: Respect, Honesty, Integrity

For more information, please contact:
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Creating Connections, Giving Hope

When Elizabeth Clune was born in 1976 with Down Syndrome, her large family pledged that this special child would be loved and receive only the best care. Her parents and seven older siblings watched over her and took care of every situation.



"We think Unity House is incredible," said Margie. "Elizabeth loves to see her friends and connect with them at day hab."

When Elizabeth's father passed away in 2019, the family decided to make some changes so Elizabeth could become more independent and integrated into the community. Her sister Margie Vandemark Shaw knew of Unity House and other resources for adults with disabilities through her work in special education at the Ithaca City School District.

Elizabeth now visits Unity House twice a week.

"I get to see many of my friends at day hab," Elizabeth said. "Some of my favorite activities are self-advocacy, writing, singing, math, and arts and crafts."



Elizabeth performs a number from Hairspray during Ithaca Day Services' summer talent show.

Prior to coming to Unity House, Elizabeth had limited interactions with her peers. Now, she has new friends and connections. Her goal has become reality.



What Are Day Services?

Unity House's Day Services offer the opportunity to meet new people, integrate into the community, visit new places, engage in activities of interest, learn life skills, and explore new hobbies. With the assistance of a well-trained Direct Support Professional (DSP), people with intellectual and developmental disabilities work on goals in a group setting. Unity House provides a safe environment and support to help people reach their chosen goals. The services are individualized based on each person's need and wants. Full- and half-day services are available Monday-Saturday.

Person-Centered Planning

This specialized process engages the people we support, with input from their family members, friends and professionals, to develop a unique service plan for each individual. We use this planning model to build upon the person's strengths and expand their capacity to join in community activities while honoring their interests and abilities. Person-Centered Planning encourages formal and informal feedback, and allows for adjustments to ensure that each individual is making progress.

What Do Participants Learn?

Unity House provides skill-building and sensory-rich activities in structured groups. Participants will learn and practice:

- Household tasks (cooking, cleaning, etc.)
- Interpersonal communication skills and appropriate social behavior
- Mobility training (using public transportation, pedestrian safety, etc.)
- Hazard avoidance and life safety skills
- Financial management (basic math, budgeting, etc.)

Our Participants Grow By:

- Developing unique hobbies and interests
- Learning to practice self-advocacy and to set goals
- Striving for greater personal independence and fulfillment

Our Purpose

Unity House's Day Services support, guide, and motivate adults with intellectual and developmental disabilities to achieve individual goals, personal growth, and greater independence.



These services:

- Include one-on-one and group sessions with trained staff
- Assist with volunteer jobs, transportation to and from programs, budgeting and purchasing, behavioral support, skill acquisition and development, health, nutrition, exercise, structured recreation, leisure activities, and community awareness and participation
- Build individuals' self-worth and independence

