



Home to Stay
DISABILITIES DIVISION

A DIFFERENT APPROACH

At **Home to Stay**, we believe that a different approach to supporting people living with developmental disabilities is needed. That is why we came up with the **Home to Stay Meaningful Day Program**.



Serving South Jersey

(856) 321-1500

HOMETOSTAY.COM |     

OUR PHILOSOPHY

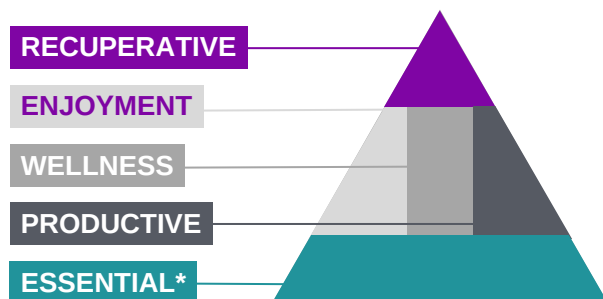
Individuals want to feel purpose in their lives, and this can best be achieved through the structure of a self-directed day filled with activities that match their abilities and interests. With the right structure and training in place, individuals can live safely and happily in their own homes, which is where most people prefer to live.

HOW IT WORKS

A **Home to Stay** case manager with specialized training assesses each case and comes up with a plan based on the assessment results. By incorporating the **Home to Stay** Activity Pyramid along with skills such as motivational interviewing, a greater quality of life is offered to participants, and families are finding greater success with far less confrontation.

THE ACTIVITY PYRAMID

The **Activity Pyramid** is the foundation of a meaningful day. This tool adapts to the unique needs of each individual, enabling case managers to customize a day that balances these core areas:



**personal care, eating/drinking, dressing, sleeping, toileting, etc.*

MOTIVATIONAL INTERVIEWING (MI)

This person-centered approach was developed to encourage individuals to make intentional positive decisions. Many people push back when TOLD what to do, thus causing stress and confrontation. The MI method is more collaborative and, when utilized effectively, brings harmony and safety to many situations. The **Home to Stay** case manager works with families and caregivers to help them learn how to effectively utilize this technique.