

## Covid-19 Precautions

The Participation House Projects strategy to Covid-19 is to be proactive, responsible, and responsive. Our first and foremost priority is the safety of participants and staff. Covid-19 education and safety skills will be provided to all LRP participants.

## Thank You!

The Participation House Project recognizes the ongoing financial support and sponsorship of:  
The Harry E. Foster Foundation &  
The Ministry of Children,  
Community and Social Services



# Contact Us!

The Participation House Project is committed to providing services that enrich the lives of families and people with developmental disabilities living in Durham Region.



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**The Participation House  
Project (Durham Region)**

# Life Readiness Program

**Summer Overnight Experience**





**Celebrating  
"Every-  
Body"**

# About The Program

## ● 5 Day Summer Respite

The Life Readiness Program (LRP) is a community-based program. The program is offered out of the Residences at Durham College and is an overnight experience where participants arrive at 9:00am on the Monday, and depart on the Friday at 4:30pm. Trained Facilitators work with the participants to set objectives for skill development, and provide guidance in attaining their goals.

## ● Who Can Attend LRP?

Individuals who are 18 years and older with a developmental disability who are interested in meeting new people, exploring their community, and learning new skills to live more independently.

## Support Model:

Ratio of 1:6

## Dates:

Week 1: July 4th-8th  
Week 2: July 11th-15th  
Week 3: July 18th-22nd  
Week 4: July 25th-29th

## Intake:

11 spots available per week (spots are not guaranteed/may be wait-listed)

## Cost:

\$400.00 per participant (pending funding, subject to change)

**Applications must be received by June 3rd, 2022**



# The LRP Experience

## ● Independent Living Skills

This program focuses on independent living skills through supported learning opportunities and practical real-life experiences.

## ● Exploring and Accessing the Community

Participants will need to bring \$100.00 cash to be used for activities, restaurants, and shopping done while in the community.

## ● Areas of Focus

Include, but are not limited to:

- Independent living & budgeting (accommodations included in fee)
- Community Awareness
- Public Transit (transit pass included in fee)
- Meal Preparation
- Grocery Shopping (cost of food included in fee)
- Building New Relationships
- Domestic Skills (ie. laundry and cleaning)
- Goal Attainment