

Building Life Skills

KDC's Independent Living residents learn and grow their life skills in an environment where they can safely challenge themselves and take risks. They are guided and supported by a professional staff that includes case managers, peer mentors, a program manager and a clinical social worker.

Life skills training consists of money management, obtaining and maintaining gainful employment, building healthy relationships, maintaining overall health and wellness, safety in the community and community awareness. Additional areas of focus include self-care and daily living skills, resume writing and interviewing skills, navigating public transportation, social skills and proper nutrition.

independence

Building Natural Supports

A natural support system is key to the success of these young adults. If a positive family relationship exists, their involvement becomes an integral part of the process. Families and residents lead the treatment team through goal development and assist in the identification of tasks needed to achieve their goals. In the absence of a dependable family relationship, the focus turns to religion, culture, sports or other areas of community support.

*"This program has given me
the confidence to get a
job and be out on my own."*



Independent Living Program

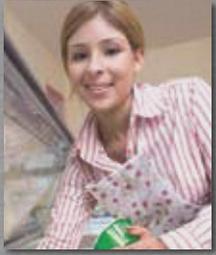
Transitioning Young Adults



Kennedy-Donovan Center
Foster Care & Family Services
Independent Living Program

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support

About us

Kennedy-Donovan Center is a non-profit organization, founded in 1969 on the principle that all children and adults have the right to participate and thrive in their community.

Today, KDC serves nearly 6,000 infants, children, adults and families annually throughout eastern and south central Massachusetts and northeast Connecticut. With a diverse and dedicated staff of 475 employees and 300 respite, home care providers and foster parents, KDC operates a range of program models from eight community offices and twelve residences, and offers in-home services to thousands of families in 160 communities.

Our mission

KDC supports people with developmental delays, disabilities or family challenges to pursue their personal potential and success in the community. We provide a wide range of effective supports to individuals and families through prevention, advocacy and intervention services that are person-centered, innovative and compassionate.



Developing Adult Independence

Kennedy-Donovan Center's Independent Living Program is a voluntary, residential program for adults 17½ to 22 years of age who have been involved with the Department of Children and Families for most of their lives. These individuals have experienced much instability and lack the ongoing, supportive relationships necessary to achieve and manage self-sufficiency and independence as an adult. The Independent Living Program aids in the transition from long-term care to adult independence.

The Independent Living Program uses participant-centered treatments focused on helping residents achieve self-sufficiency. Resident-directed goals seek to strengthen life skills, develop goal-oriented decision making skills, develop appropriate coping skills, and improve symptom management. Residents work with a specialized case manager who helps them develop goals and a treatment plan while working toward economic self-sufficiency. The program provides a semi-supportive environment, allowing residents the opportunity to spread their wings while having a support system in place for success.

advocacy



KDC works closely with community resources which helps residents build foundations to support long-term independence. Independence is measured by the ability to maintain employment, manage budgets and a household, and develop healthy and lasting relationships. Participants are expected to have a 12-24 month stay in the Independent Living Program, however a transition into independent housing is a decision made by the participant and their treatment team on an individual basis.

Once a resident is ready to graduate from the program, ongoing supportive services are available through the Stepping Out program. This program allows the case manager and mentor to continue working with the resident once they obtain their own housing and become self-sufficient participants in their community. Support is offered at a less intense level and provided in a way to ensure stability and success.



education



Our Approach

The development of an independent young adult begins with a self-directed, individualized treatment program where residents learn independence within a safe and supportive environment. Primary focus is on teaching life skills using a strength-based approach. The program also includes involvement in constructive recreational activities, mentoring opportunities and participation in a resident Leadership Program as the individual takes on more responsibilities.