

## Spotlight Program: Adult Day

Diane started with the Easterseals Adult Day program in Kenosha in 2015. When we first met Diane, she lived in a home that was less than ideal, she displayed aggressive behaviors towards staff and peers, and her hygiene and other basic needs were not always met. Diane would come to program and become upset if she was asked to do things and if things did not go her way. She would react by hitting, kicking, yelling, shoving objects and walking out of the program room and program building.

About 2 years ago, Diane moved in with her sister and has shown big improvements since then. If she becomes upset, she utilizes the coping skills she has learned including seeking out staff for support, letting them know what is upsetting her and will work together with staff by talking calmly about the situation to reduce her frustration. Since joining Easterseals, Diane has also found things that make her happy and that she enjoys doing.

Diane finds great pride in helping out with things like cleaning up the room or helping peers. She is eager to volunteer her help during the day at program. Diane thrives when she is helping her peers; she has formed a special relationship with one of her peers and will sit with him, helping with music and blocks. This experience is rewarding for Diane, has helped build her confidence and has made her a happier person overall. But more than that, her welcoming, open, caring approach has made her peer feel more comfortable while at program.

Through the partnership with Diane's sister and Easterseals staff, Diane now lives in a safe and appropriate home, she has opportunities to learn new skills, explore her community and has made new friends. Overall, Diane has a much higher quality of life than when she came to Easterseals.



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