




# Life Adjustment Center

Providing exceptional care with high expectations, enabling individuals to make the most out of life.

 212-938-1223

 [awaldron@lifeadjustmentcenter.com](mailto:awaldron@lifeadjustmentcenter.com)

 [lifeadjustmentcenter.com](http://lifeadjustmentcenter.com)

 @LifeAdjustmentCtr

**1991**

LAC Founded

**200+**

Individuals Served

**10**

Residential Sites – Supportive and Supported IRA's

**3**

Site-Based Day Habilitation Programs

## ABOUT LAC

In January 1991, Life Adjustment Center opened its doors with the mission of addressing the acute need for quality services and programs for an increasing developmentally disabled population. Focusing on servicing the needs of a community that requires knowledgeable and caring personal, LAC opened its first residence in the Bronx. Currently, LAC offer both 24/7 Supervised and Supportive Residential services. Community Habilitation services delivered to an individual's home soon followed. Due to its customized approach and practices, LAC has expanded its residences in Brooklyn, The Bronx, and Manhattan.

## Residential

Angela Waldron at 212-938-1223x117 or [awaldron@lifeadjustmentcenter.com](mailto:awaldron@lifeadjustmentcenter.com)

Life Adjustment Center currently serves more than 200 individuals, with a wide range of disabilities, in certified residences, non-certified apartments, and houses. The Residential Services are designed to enable residents to experience a high quality of life.

### Individualized Residential Alternatives (IRA)

Individuals enrolled in the Home and Community Based Services (HCBS) can receive the services offered through Individualized Residential Alternatives (IRA).

IRA's provide room and board with individualized services. Supervised IRA's provide 24/7 staff support, and Supportive IRA's provide need-based supports and services for those who do not require 24/7 staff support. Residential locations are in Brooklyn, The Bronx, and Manhattan.

## Day Habilitation

Contact Sonia Stewart at 718-293-9727x114 or [sstewart@lifeadjustmentcenter.com](mailto:sstewart@lifeadjustmentcenter.com)

The Day Habilitation program provides clients with personalized objectives and services that help reinforce goals created in collaboration with the Care Coordination Organization (CCO). This customized approach ensures an individual's attainment of his or her learning objectives. Programs focus on providing clients with a wide variety of stimulating activities designed to develop essential life skills that enable decision making abilities.

Specific programs include early education services, recreation, fitness and wellness, computer instruction and technology, community integration, music therapy and instruction, arts and crafts, food preparation, and other essential programs.

In order for staff and clients to achieve this goal, programs are created and implemented in a way that fosters trust and guides clients in a supportive and enriched atmosphere. This structured environment contains enriching daily activities with individualized tasks, which are adapted to the client's needs, in order to promote their self-esteem.

We serve multiple locations in The Bronx and Manhattan.

## Community Habilitation

Contact Sonia Stewart at 718-293-9727x114 or [sstewart@lifeadjustmentcenter.com](mailto:sstewart@lifeadjustmentcenter.com)

Life Adjustment Center's Community Habilitation services are offered to those who live at home and those enrolled in the IRA. The objective of this program is to promote independence and community integration by teaching the skill sets necessary for a healthy and high-quality life. These services are given in non-certified community settings, such as at home with family members, which allow individuals to live with their loved ones while helping to foster an efficient atmosphere where the family can function as a unit. A service at home, as opposed to a residential settings, allows the family to be directly involved with the training being provided. Through this process, family bonds are strengthened and treatment knowledge of the individual is gained.