

# Maine Services

## Adult and Elderly Services

### Residential Support

#### Enhanced Home Care (EHC) / Enhanced Family Care / Shared Living / Host Family Services

This model is an alternative to facility-based residential settings, group homes, nursing homes, or staffed residences. In this model, the individual in need of residential support moves in with a home care provider, who is thoroughly trained and closely supervised by LifeShare. On some occasions, the home care provider may also be a family member. Through this model and with the support of their provider, individuals are encouraged to increase their independent living skills and to build relationships within the home and community. They participate in social events with friends, travel, go to movies, and explore new and exciting opportunities and other interests. As this program is developed and maintained for each individual based on his/her unique needs, the creative possibilities are endless!

The EHC model is ideal because:

- There is no stigma attached to the individual's home (as there is for a group home or nursing home).
- The individual has more choice and control in his/her life leading to a feeling of safety and security.
- The setting is more normalized (no shift-staff coming in and out).
- The home is truly in the community (not segregated). With the help of the provider, the individual can access the community on his/her own terms.
- This model is less expensive than group homes and more effective at connecting the people to the community, leading to the individual becoming more independent and self-reliant.

### Day Support

#### Community-Based Day Programs

Believing in full community involvement, LifeShare works hard to provide individuals with the tools they need to be successful in their communities. We create individualized schedules of activities for each person based on his/her abilities and interests. LifeCoaches give people the opportunity to learn about community resources, partake in specialized classes, and volunteer regularly.

LifeShare develops day programs for individuals so they can increase independence, fulfill goals, and enrich their lives every day. From paid employment to pottery, the list of meaningful activities is vast. Programs are developed around the needs, goals, and interests of the individuals we support and are offered in 1:1, 1:2, and 1:3 staff-to-person ratio, depending on the need and funding. This consistent schedule of activities might include participating in peer activities, academic and vocational studies, volunteering, and paid employment.

It is important to understand that this is the individual's program and that he/she is an integral part of the team, making the choices of what activities to pursue. We support all individuals in everything they do and help to facilitate their success within their community-based programs.

## Training, Recruitment, and Licensing

### The Mandt System®

The Mandt System training courses are based upon the philosophy that all people have a right to be treated with dignity and respect, and that relationships should be based on principles in which people are allowed to participate in decisions about their lives. We recognize and consider people's behavior, even negative behavior, as a form of communication. Mandt 1 is taught in three sessions:

- Mandt Part I: Relational Skills form the basis for skills needed to be effective in de-escalating, resolving, preventing conflict, aggression, and violence.
- Mandt Part II: Conceptual Skills presents a collection of special topics that are related to working with people in crisis and can enhance and strengthen programs that serve aggressive and violent people.
- Mandt Part III: Technical Skills consists of the physical skills, maneuvers, and techniques that may be used if an immediate threat of harm is present and a failure to respond would in fact lead to greater injury or death.

### American Heart Association Certification:

- adult/child/infant CPR
- adult/child AED

- first-aid
- blood borne pathogens

### Visions

The purpose of Visions is to educate our staff and providers of the history of LifeShare and our roots, our mission--why we do what we do, and our values--how we believe everyone should be treated and our responsibility to ensure that those we support also enjoy those same beliefs.

### LifeShare's LifeSpecific Training

This two-part training provides LifeCoaches and Providers with a complete outline of each individual that they will be supporting. Part I: Staff/Provider is given the opportunity to review the clinical record of the person they will be supporting. The staff will meet with their director/clinical team to discuss how the training they received applies and can be utilized with their supported individual. Part II: A mentoring process in which all newly hired LifeCoaches be paired with a seasoned LifeCoach who will act as a mentor during the process. New LifeCoaches will learn about daily routine, activities, etc, and will not have sole responsibility for the individual until the mentoring process is complete.

### Health Information Portability and Accountability Act (HIPAA)

General knowledge for all staff and providers concerning what HIPAA is, how it effects the protection of individual personal information (privacy), and their role in ensuring that this is done.

### Home Visit/Behavior Support

A home visit with providers and parents concerning issues they are facing in interacting with their child or adult. We provide both information and insight into how parents should react to the behavior being expressed.

### Body Mechanics

A general outline of facts around back injuries, types of injuries, contributing factors, and some effective proactive preventive measures.

### Common Health Conditions

Available to staff/providers/guardians, this training gives an overview of common health conditions that may be faced by those that we support. Staff should be able to recognize symptoms and report these to the individual's health care team so he/she can receive treatments early, before there are life threatening consequences.

### Boundaries

The class outlines what boundaries do, and the effects of having good or bad boundaries on relationships and social skills.

### Safety for the Professional Visitor

For staff who provide services at various times of the day or night, this course offers safety tips, things to watch out for, proper dress, and appearance. The class outlines the importance of knowing when and when not to enter someone's home, when to know that it is unsafe, and what steps to take to be safe.

### The Effects of Psychotropic Medications on Children

A general overview of the effects of psychotropic medications on children and the effects of overuse and misdiagnosis. The intent of this training is to ensure that providers/guardians know their rights in order to make informed choices when psychotropic medications are recommended.

### Inhalant Abuse

The class provides general knowledge of what inhalant abuse is, symptoms, effects, and products used in the abuse including common items found in the home.

### Self Injurious Behavior (SIB)

This course gives insight into the different types of SIBs, the causes, signs to watch for, and measures to take to reduce or prevent this behavior.

### Reporting Abuse and Neglect

A review for staff, providers, and volunteers on recognizing and reporting of actual or suspected neglect, abuse, or exploitation of an individual we support.

### The Language and Ideas of Best Practice

An overview of practices that reflect the best ideas we have today regarding how to support people with developmental disabilities.

### **Assessment of Suicidal Risk**

A general overview for the new clinician that gives a demographic view of suicide victims, statistics, and reasons. This course is taught by a minimum of a Master Level Clinician.

### **Traumatic (TBI) or Acquired (ABI) Brain Injury**

This course offers a close look at what a TBI or ABI Injury is, and the effect each one has on the brain. The course will help staff/providers/guardians have a better understanding on the nature of the injury and the challenges faced by the individual in expressing thoughts, memory, and completion of tasks.

### **Bullying Among Children & Youth**

The course helps staff/providers/guardians of children to understand the different types of bullying, what is known about the nature and prevalence of bullying, why we should be concerned about bullying, how schools are addressing bullying, and what works and doesn't work in bullying prevention and intervention. The course offers an overview of HRSA's National Bullying Prevention Campaign.

### **Foster and Adoptive Caregiver Essentials (FACES) Orientation and Regulations**

This course, required for those who want to be licensed to do foster care, covers the history of child welfare and the Child Welfare System and reviews the process and implications of the foster care program. The class teaches providers the risk factors including familial, environmental, economic, and cultural that contribute to child abuse and neglect. It also explains the roles and expectations of foster and adoptive parents, and helps providers identify ways to assist children and families.

### **Real Life for Real People**

This workshop discusses the human service system's approach to providing services to people in need of support. It outlines the system's need to go from a protective approach to an empowerment model, giving service recipients choice and control in their lives. We focus on the elimination of institutionalization, the use of restraints, and overstaffed programs as a way of moving people into a real life model of support. True stories of people who have moved from highly staffed settings to living on their own in the community are provided. We also outline the approach we take in these cases, and the process the individual goes through while experiencing a real life approach.