

# Adult Day Support

Adult Day Support helps a person build connections in their community. With this service, people can learn about:

- how to meet and talk with new people,
- what activities are in their community,
- how to get places independently,
- and what jobs are available in their area.

While taking part in Adult Day Support services, a person can also have help with personal care, such as going to the restroom, eating meals, and taking medication.

# Vocational Habilitation

Vocational Habilitation is often called Voc Hab for short. It is a service which provides learning and work experiences, including volunteer work, that help to develop skills that lead to integrated community employment in a job that matches the person's interests, strengths, priorities, and abilities.

Vocational Habilitation can help someone learn how to:

- take care of personal care needs in a workplace, things like hygiene, meals, and taking medication,
- interact with customers, co-workers, and other people in the workplace,
- speak up for themselves at work,
- arrange and use transportation to get to and from work, and
- advance on the path to community employment.