

Community-Based Adult Day Program

ARIYA

Designed for Individuals
with Special Needs

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Learning happens
where life happens



1:2 SUPPORT AND
TAILORED AS NEEDED
FOR EACH INDIVIDUAL



Community-Based | Person-Centered | Real-World Learning

Living and Learning From and In the Community

Ariya is a community-based Adult Day Program (ADP) that helps young adults build confidence and develop real-world skills. Rather than focusing only on classroom instruction, the program emphasizes inclusive community experiences, such as baking, practicing daily living tasks, developing self-advocacy skills, and participating in work experiences.



Our goal is to support each individual in expressing their choices, strengthening independence, and building meaningful relationships with peers within the program and with people in the broader community.

The Ariya program is designed to be engaging, practical, and tailored to each young adult's path toward independence.

The Ariya program serves adults with autism and other intellectual and developmental disabilities.

We provide individualized supports in a safe and inclusive environment, focusing on community integration, vocational exploration, independent living skills, self-advocacy, communication, social development, and recreational activities that build confidence.

As our young adults may have extensive support needs, we offer a one-to-two support ratio.

For individuals with additional behavioral needs, trained behavior specialists collaborate with staff to implement positive support strategies that encourage participation, independence, and skill-building throughout all aspects of the program.

Beyond the Classroom, Extensive Community Experiences



LIVE

Practice everyday skills in meaningful routines.



WORK

Explore contribution, work habits and vocational interests.



CONNECT

Build communication, relationships and confidence in the community.

What makes Ariya different

Community first, beyond classroom | Choice-driven and person-centered | Real world experiences

Six Pillars for Greater Independence

Each participant's schedule can be shaped around goals, strengths, preferences and support needs.



INDEPENDENT LIVING

Baking, budgeting, shopping, cleaning, laundry, planning and daily routines.



VOCATIONAL EXPLORATION

Job sampling, workplace habits, soft skills, volunteer and work experiences.



COMMUNITY INTEGRATION

Navigation, transportation practice, local businesses, parks and community resources.



SELF-ADVOCACY & COMMUNICATION

Choice-making, asking for help, expressing preferences, social communication and confidence.



SOCIAL DEVELOPMENT

Peer relationships, teamwork, shared activities and meaningful community connections.



RECREATION & WELLNESS

Movement, fitness, art, leisure, nature, games and age-appropriate recreation.

Exploring community-driven activities and building daily life skills.

Sample Day: A Day With Purpose—and Room for Choice

A consistent daily rhythm combines independent living, community participation, work exploration, wellness and personal choice.



7:45 AM

Transport
Pick Up Time



8:00 AM

Walk & Outdoor
Activity



8:30 AM

Academics &
Digital Skills in the Classroom



9:30 AM

Independent Living &
Self-Advocacy



10:30 AM

Community & Vocational
Experience



12:00 PM

Lunch
in the Community



1:00 PM

Recreation, Wellness &
Personal Choice



2:00 PM

Transport
Drop Off Time

Sample Week: Learning, Work and Community—Woven Together

A practical weekly rhythm repeats essential skills while rotating real-world experiences across community settings.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45 AM	 Transport Pick Up Time					
8:00 AM	 Walk & Outdoor Activity					
8:30 AM	Reading, Numbers & Problem-Solving 	Money & Everyday Spending 	Time, Schedules & Planning 	Location, Travel & Navigation 	Safety & Emergency Skills 	Practical Reading & Numbers 
9:30 AM	Personal Care & Grooming 	Baking & Food Safety 	Laundry & Clothing Care 	Home Care & Organization 	Communication & Self-Advocacy 	Organization & Personal Choice 
10:30 AM	Grocery Shopping 	Work Experience 	Community Errands 	Community Volunteering 	Job Exploration 	Community Social Activity 
12:00 PM	 Lunch in the Community					Transport Drop Off Time
1:00 PM	Personal Choice Activity 	Arts & Coloring 	Bowling & Recreation 	Gardening & Parks 	Gym & Fitness 	—
2:00 PM	 Transport Drop Off Time					—

Sample Month: A Month That Builds Skills Through Repetition and Variety

A practical, flexible month of real-world learning and community participation.

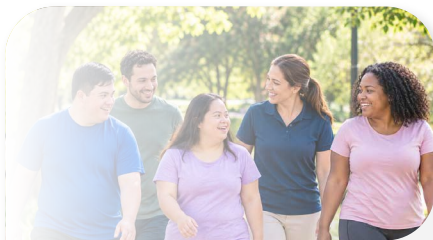
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reading & Numbers Personal Care Grocery Shop Outing Arts & Coloring  1	Money Skills Cooking Skills Workplace Outing Music & Rhythm  2	Time Planning Laundry Care Bowling Outing Indoor Games  3	Navigation Skills Home Organization Transit Outing Gardening  4	Safety Skills Self-Advocacy Career Outing Fitness Training  5	Practical Learning Personal Choice Restaurant Outing 12:00 PM Drop Off  6	— 7
Reading Skills Daily Routines Grocery Shop Outing Arts & Crafts  8	Money Skills Food Safety Post Office Outing Music & Movement  9	Time Skills Communication Skills Pharmacy Outing Indoor Games  10	Travel Skills Teamwork Skills Park Outing Gardening  11	Emergency Safety Decision Making Workplace Outing Fitness Training  12	Practical Reading Choice Making Beach Outing 12:00 PM Drop Off  13	— 14
Numbers & Reading Personal Grooming Grocery Shop Outing Arts & Coloring  15	Budgeting Skills Cooking Skills Restaurant Outing Music & Movement  16	Time Planning Clothing Care Bowling Outing Indoor Games  17	Map Reading Home Care Farm Outing Gardening  18	Safety Awareness Communication Skills Career Outing Fitness Training  19	Practical Learning Personal Choice Park Outing 12:00 PM Drop Off  20	— 21
Reading Skills Home Organization Grocery Shop Outing Arts & Crafts  22	Money Management Food Preparation Pharmacy Outing Music & Movement  23	Time Management Social Communication Post Office Outing Indoor Games  24	Travel Skills Teamwork Park Outing Personal Choice  25	Safety Skills Self-Advocacy Workplace Outing Fitness Training  26	Practical Numbers Personal Choice Beach Outing 12:00 PM Drop Off  27	— 28
Reading & Numbers Personal Care Grocery Shop Outing Arts & Coloring  29	Money Skills Baking Job-Site Outing Music & Movement  30	Time Planning Communication Skills Bowling Outing Indoor Games  31				

Community Activities

Practical experiences that build independence, confidence and participation in everyday community life.



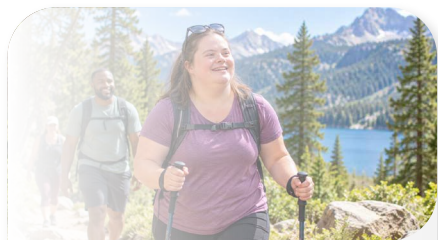
Shopping
Activity



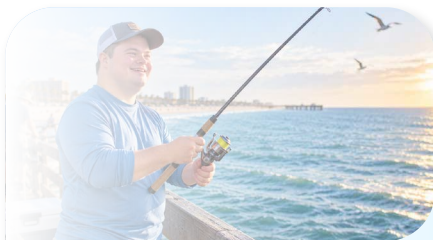
Park
Activity



Dining
Activity



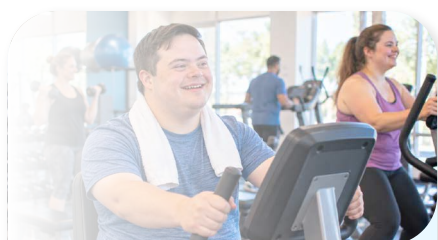
Hiking
Activity



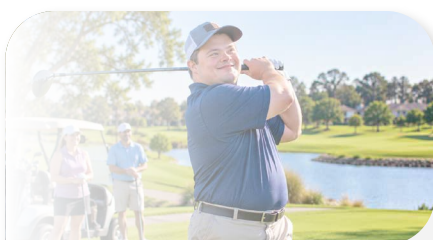
Fishing
Activity



Pool
Activity



Fitness
Activity



Golf
Activity



Personal Care
Activity

Community Activities

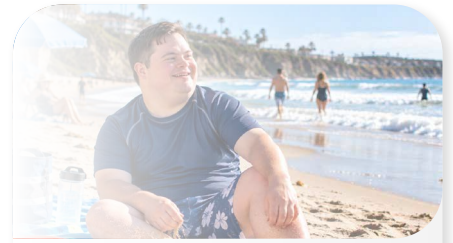
Practical experiences that build independence, confidence and participation in everyday community life.



Transportation
Activity



Social Interaction
Activity



Beach
Activity



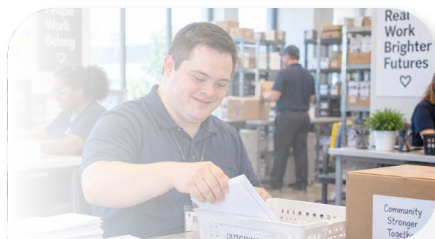
Money Management
Activity



Healthcare
Activity



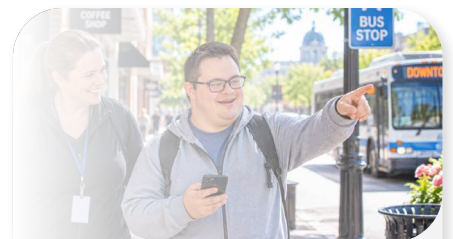
Community Events
Activity



Employment
Activity



Volunteer
Activity



Navigation
Activity

Individualized Support. Real Progress.

Support is designed around each participant's needs, goals and preferred ways of engaging.



PERSON-CENTERED PLANNING

Goals and preferences shape the plan. Participants are supported to make choices, communicate preferences, build confidence and strengthen practical skills.



1:2 TAILORED SUPPORT

For participants needing more extensive support, a one-to-two tailored day service option can provide more intensive assistance.



POSITIVE BEHAVIOR SUPPORT

Trained behavior specialists may collaborate with staff on additional behavioral needs using positive strategies that encourage participation, independence and skill building.



COMMUNITY-BASED LEARNING

Skills are practiced in authentic settings—so learning can transfer into daily routines, work experiences and community participation.

Program Facilities & Learning Spaces



PERSONAL LOCKER

Organize and manage personal belongings.

CLASSROOM

Building essential skills for independent living.



PRACTICE LAB

Practice functional and daily-living skills.

MEAL PREP AREA

Baking and lunch preparation for independent living.



FITNESS AREA

Movement, fitness and wellness activities.

BELONG. LEARN. GROW.

A meaningful path toward greater independence starts with meaningful participation in everyday life.



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