



# DAY HABILITATION SERVICES THROUGH THE DIVISION OF DEVELOPMENTAL DISABILITIES (DDD)

Day Habilitation services provide education and training for individuals with IDD to develop a variety of skills and experience needed for life in the community. This includes social skills, self-help and daily living skills, self-advocacy, and problem-solving. Services are offered in either a center or community-based setting and take place during daytime hours.

## ACTIVITY GUIDELINES

### ACTIVITIES SHOULD:

- Be age-appropriate
- Offer variety and choice
- Emphasize community experiences
- Focus on small groups and individual interactions

The specific activities should be individualized and reflect the likes, dislikes, areas of interest, etc. as documented in the Person-Centered Planning Tool.

### Person-Centered Planning Tool

[bit.ly/nj-pcpt](http://bit.ly/nj-pcpt)

## EXPERIENCES AND ACTIVITIES

Programs should focus on exploring personal interests through **experiences** and building daily living skills through **activities**. See some examples of each below:

### Experiences

- Shopping, restaurants
- Sports events, concerts
- Museums
- Travel
- Community centers, libraries
- Public parks

### Activities

- Cooking
- Personal hygiene, laundry
- Budgeting
- Attending classes
- Art, writing
- Fitness, sports

**Refer to the DDD Supports Program and Community Care Program Manuals for a more detailed list of experiences and activities.**

## CHOOSING A PROGRAM

An individual's Support Coordinator can assist in finding a program that matches an individual's strengths, needs, and interests. However, individuals and their families are encouraged to contact providers directly to find the best fit. Our Support Coordination Go Bag can help you learn more about support coordination and finding an agency:

[bit.ly/SCgobag](http://bit.ly/SCgobag)

Contact your local chapter of The Arc to find out about their Day Habilitation programs. Find your local chapter here:

[bit.ly/TheArcChapters](http://bit.ly/TheArcChapters)

### Supports Program

[bit.ly/supportsmanual](http://bit.ly/supportsmanual)

### Community Care Program


[bit.ly/ccp-manual](http://bit.ly/ccp-manual)

The Arc of New Jersey  
Family Institute

[thearcfamilyinstitute.org](http://thearcfamilyinstitute.org)

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  [@thearcnjfi](https://www.instagram.com/thearcnjfi)

## LIMITATIONS

Day Habilitation Services are limited to 30 hours per week.

Services that an individual is entitled to through special education programs or vocational rehabilitation programs are not included in Day Habilitation.

Examples of this include, but are not limited to occupational, physical, and speech therapies, and employment services.



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