



Illinois Parents of Adults with Developmental Disabilities Unite - IPADDUNITE.ORG

How to Build a Meaningful Day in Adulthood?

July, 2018

Introduction: As part of IPADD's commitment to community living, we held a focused discussion in July. The topic presented was how our group members best assist our adults with developmental disabilities to build a meaningful day for themselves. With IPADD members serving as subject-matter experts from around the state, we shared stories about ways our own sons and daughters fill their days with meaning, productivity, and a real sense of belonging. Hoping you'll find this summary helpful whether you live in a rural, suburban, or urban center; whether or not you have additional financial supports; and regardless of your son or daughter's level of support needs. Let's spark and stretch everyone's imaginations!

VOCATIONAL

- Part-time work at an after school childcare center
- Part-time work at a senior center
- Part-time janitorial work
- Part-time work at the business of a family member or friend
- Selling your artwork
- Shop estate sales for furniture to refinish and sell
- Work at Jewel
- Work at a small business
- Watering plants at the Home Depot
- Work at an ice cream store
- Hotel work
- Cafe work
- Work at Culver's
- Part-time work at a banquet facility
- Attend a vocational training program
- Work at Goodwill
- Work at UPS
- Work at a school



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ESTABLISHING YOUR OWN BUSINESS

Join with other special needs parents and start a business to employ your young adults
Partner with schools and rec departments to fill a need
Partner with schools and rec departments to offer vocational training opportunities
Start a cafe
Open an art gallery
Sell creations on eBay or Etsy
Produce, market and/or sell pet treats
Sell homemade baked goods
Sell items at Farmers' Markets
Join with other parents to create a day camp that focuses on vocation, recreation, community and peer inclusion
Create a non-profit to establish a private day program
Errands and/or "gofer" work for others
Start a recycling/upcycling business and sell on Etsy
Make and sell decorate magnets
Work for your family business selling specialized teaching materials
Open a photo gallery
Open a juice bar
Establish a S corp (for profit/loss accounting simplicity) to recognize business activity, wages and benefits for your young adult
Open a "provide services to others" business
Start an eCommerce business
Seek support from resources for disability owned businesses(AbilityMarketplace)
Start a business painting and selling painted and custom picture frames



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VOLUNTEER

Cleaning and serving your neighbors and neighborhood
Your Church
The Church Thrift Shop
Work at a Senior Center
Work at a Food pantry, food bank or “soup kitchen”
Political and governmental office volunteer
Gardening (We Grow Dreams)
Collect food donations
Library volunteer
Join Knights of Columbus
Join The Lion’s Club
Join the Girl Scouts
Join a Church Youth Group
Join a Special Needs advocacy group
Assemble goodie bags for an event
Assemble silverware for an event
Work at a school library
Volunteer at an Animal Shelter



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LIFE-SKILLS IN YOUR OWN HOME

Use of a tutor or Life Skills Coach
Water household plants
Send birthday cards to family and friends
Pet care
Household chores, cleaning and laundry
Wash your family car
Household maintenance and repairs
Skype and/or Facetime with family, friends and professionals
Menu planning
Host family dinners
Plan and host a party
Plan family vacations
Plan for and decorate your bedroom
Plan for and decorate your home
Online shopping
Spend time reading, writing and playing games

LIFE-SKILLS IN YOUR OWN COMMUNITY

Visiting and shopping at Farmers Markets
Attend summer carnivals
Shop at Half Price Books
Haircuts (make appointments at local establishments)
Eating out at local restaurants
Shopping for and buying birthday cards for family and friends
Banking (deposit checks, cash checks)
Grocery shopping, shopping and errands
Practice and use of your debit card
Dinner at a neighborhood restaurant
Visits to your neighborhood bank
Use your neighborhood small businesses
Wash cars



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LEARNING

Dance classes
Bible study
Art classes
Sunday school
Adult learning centers
College classes (credit and non-credit)
Craft classes
Attend a special college program for individuals with disabilities

HEALTH AND FITNESS

Join a gym (LA Fitness, Planet Fitness)
Personal trainer at gym
Personal trainer at home
Walking at the mall
Join a sports team (NISRA)
Special Olympics
Neighborhood walks
Buddy Sports (Keshet)
Swimming (FVSRA)
Park District Hiking Club
Karate
Play basketball
Cheerleading
Walk to your local ice cream establishment



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HOBBIES

Community chorus (talk to director, connect with others for transportation supports)
Join a theatre playhouse or attend a special theatre program (Special Gifts Theatre)
Community Chorus Cooperative (Champaign)
Singing coach at home (WDSRA)
Book Club at your local library or with friends
Spend time at your library
Painting
Start a “hobby” club
Gardening
Play golf
Bowling
Horseback riding
High School clubs
Join a band
Go to a local game night
Host a game night (play D&D)
Go to the movies
Write movie reviews
Write poetry
Collect reptiles
Start a YouTube channel
Start a collection
Attend a special needs film school (Exceptional Minds in CA)
Biking
Fishing
Drumming
Bird watching
Train watching
Play board and card games
Remote control plane club
Airplane or transportation museums
Build model planes



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SOCIAL-RECREATIONAL-ENTERTAINMENT

Personal heritage clubs and memberships
Attend Church or Synagogue or other place of worship
Place of worship activities
Community Bingo night
Bingo night at local business establishment
Nature hikes with recreational club
Go to the movies
Go out to eat at restaurants
Go out on a "date night"
Dinner and a Movie
Start a small social skills group
Attend free concerts
Attend concerts and sporting events
Attend a high school play or concert
Take a friend to lunch
Attend special rec Friday Night Social (NSSRA)
Attend "special rec" events
Special Friends group at your Church