

WE OFFER:

- **Gardening for Growth:** Hands-on classes in horticulture, harvesting, nutrition, cooking/food preparation, and food service/dining.
- **Mindfulness Masters:** Personal growth achieved through encompassing meditation, yoga, and Pilates.
- **Art Aficionados:** Incorporates both onsite hands-on art classes with community outings to galleries, museums, and other art related events.
- **Exercise Enthusiasts:** Emphasizes the benefits of stretching, hydration, and exercise.
- **Music Maestros:** Onsite hands-on classes in conjunction with community outings to the Smith Center, performances by the Las Vegas Philharmonic, and local music venues.

After successful completion of the S.T.E.P.S Program individuals have the opportunity to graduate to the Capability & Career Exploration Center where they can explore paid work career paths.



LOCATIONS

Oakey Campus
6200 W. Oakey Blvd
Las Vegas, NV 89146

Simmons Campus
3131 W. Craig Rd., Suite 150
North Las Vegas, NV 89032

CONTACT US

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www.CapabilityHealth.org



capability
HEALTH

S.T.E.P.S

**Skills Training & Excellence for
Personal Success**

Capability Health is dedicated to providing transformational and life-enhancing services to all individuals facing a physical, mental, intellectual, or social limitation.

www.CapabilityHealth.org

WHAT IS S.T.E.P.S?

The S.T.E.P.S Program combines educational programming, community engagement, and person-centered therapies to help adults with disabilities in the day habilitation program achieve their highest level of independent living, exercise personal choice, and to become active participants in the local community.

Traditional day habilitation programs provide assistance with acquisition, retention, improvement in self-help, socialization, and adaptive skills that surround activities of daily and community living.



PROGRAM DETAILS:

According to the American Occupational Therapy Association, "Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent-or live better with-injury, illness, or disability." Day habilitation services focus on enabling participants to reach their maximum potential through coordinated therapies, such as physical, occupational, or speech. In addition, services are used to provide retirement activities for seniors. A portion of the program is designed to support senior's interests and participation in community related activities.

Capability Health recognizes that therapy goals are different for each client. Participants in the S.T.E.P.S Program receive physician-ordered Occupational Therapy combined with Speech and Physical Therapy where deemed medically appropriate. CHHS understands that this model is the cornerstone of a successful day habilitation program. The knowledge and tools learned in Occupational Therapy will assist individuals throughout their entire lives. These skill sets are gained through the therapeutic use of activities incorporating everyday living overseen by highly educated and experienced professionals.



THE GOAL:

The goal of the S.T.E.P.S Program is to facilitate independent choice in activities of daily living and to provide the tools to become active participants in the local community. Individual goals include achieving independence in areas such as, personal grooming, grocery shopping, gardening, exercising, and increased participation in clubs, volunteerism, and other community involvement.

