

EMPLOYMENT SERVICES

THE WORK TRAINING CENTER

Participants at our onsite supervised workshop are provided with meaningful, paid work through the private sector. Vocational counseling prepares participants in obtaining and retaining work, money management, interaction with co-workers, accepting supervision, time and attendance matters, and appropriate work attire and behavior.

VOLUNTEER SERVICES PROGRAM

Through this mutually beneficial program, participants gain valuable skills and experiences in a staff-supported, integrated atmosphere by volunteering with other businesses and organizations in their community.

INTEGRATED EMPLOYMENT SERVICES (IES)

The goal of IES is to help individuals with disabilities obtain community-based employment. Our staff works closely with participants providing essential tools and skill training to aide in their success. Our staff also works with employers to assist them in ways to accommodate their employees with disabilities and to identify business incentives offered by the state and federal government.

SCHOOL TO WORK PROGRAM

Designed for special education students, ages 14-21, this program helps participants make the transition from school to adult work life through community-based work experiences and career development while still attending school and earning credits toward graduation.

LIFE SKILLS ENHANCEMENT CENTER (LSEC)

LSEC focuses on helping participants, ages 18-25, acquire life skills critical to long-term success and independence. With an emphasis on person-centered planning, mentors provide guidance and support in identifying and pursuing individual goals. LSEC also offers socialization with peers and recreational activities.



Administrative Offices

70 Overocker Road
Poughkeepsie, NY 12603
(845) 485-9803
FAX (845) 485-5234

Preschool

167 Myers Corners Road, Suite 104
Wappingers Falls, NY 12590
(845) 298-2090

School

230 North Road
Poughkeepsie, NY 12601
(845) 452-0774

Medical Rehabilitation Clinic

230 North Road
Poughkeepsie, NY 12601
(845) 452-0774

Social Work & Service Coordination

70 Overocker Road
Poughkeepsie, NY 12603
(845) 485-9803

Residential Services

99 Inwood Avenue
Poughkeepsie, NY 12601
(845) 452-1913

Day Habilitation Services

70 Overocker Road
Poughkeepsie, NY 12603
(845) 485-9813

At Home Residential Habilitation

70 Overocker Road
Poughkeepsie, NY 12603
(845) 485-9803

Work Training Center

70A Overocker Road
Poughkeepsie, NY 12603
(845) 471-0176

Integrated Employment Services

488 Freedom Plains Road, Suite 136
Poughkeepsie, NY 12603
(845) 454-7750

OUR PROGRAMS



ABILITIES FIRST
ENRICHING THE LIVES OF PEOPLE WITH DISABILITIES

At **ABILITIES FIRST** we provide a positive, healthy environment for rehabilitation, education, vocational and residential support that allows our program participants to find and embrace their full capacity in life. Our professional staff is made up of conscientious and supportive experts in the field who make it their goal each day to cultivate the abilities of those we serve.

PRESCHOOL

Centrally located in Wappingers Falls and Poughkeepsie NY, our Preschool provides a range of educational services year round to children, ages 3-5, with developmental disabilities. Our multi-sensory approach to learning incorporates the very different needs of each child, considering their various learning styles, developmental stages and social-emotional needs.

SCHOOL

Our School provides a unique, warm and accepting educational experience for students, ages 5-21, with moderate to severe disabilities at sites in Beacon, Poughkeepsie and satellite classrooms in the Red Hook School District. Our primary educational objective is for students to learn life skills to assist them in living at their maximum level of independence.

MEDICAL REHABILITATION CLINIC

Our Clinic is a highly regarded NYS-approved diagnostic and treatment center for children and adults with disabilities, which focuses on interventions that foster increased independence. Our caring, competent staff prides itself in using client-centered, innovative approaches that address each person's unique needs. Therapy programs include: Occupational, Physical, Speech and Sensory Therapy, Psychiatry, Social Work & Service Coordination, Early Intervention, Equipment Assessment, and Brace Clinic.

SOCIAL WORK AND SERVICE COORDINATION

By working together with our broader community, our staff enable opportunities for program participants to obtain an education, engage in available and appropriate therapies, find meaningful work and live to their fullest potential by engaging in the comprehensive resources of Abilities First or other services in the community. We also provide counsel and support for families and caregivers.

AT HOME RESIDENTIAL HABILITATION

At Home Res Hab offers one-on-one service to children and adults with disabilities who live at home with their families or independently in the community. A variety of activities geared toward enhancing daily life skills development and community involvement are provided by our caring staff. A variety of respite programs for caregivers are also available.

RESIDENTIAL SERVICES

At Abilities First, we understand the importance of tailoring residences for people with disabilities to best meet their needs and help them realize their potential. Our residential opportunities range from supportive apartment sites for individuals who are more self-sufficient, to supervised living settings with around the clock staffing for individuals who require a higher or specialized level of care. Our Residential Services also offers an innovative two-year recovery program, Waryas House, which is tailored to meet the special needs of people with disabilities who are also challenged with substance abuse issues.

DAY HABILITATION

With an emphasis on enhancement of physical, social, and emotional well being of adults with disabilities, this program operates out of nine community-based neighborhood centers. Customized services focus on developing social behaviors, communication skills, personal and health care competency, and other daily living skills. Activities include volunteering, recreation, gardening, and hiking.



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www.abilitiesfirstny.org

