



# Developmental Disabilities Services

Youth Advocate Program, Inc. (YAP) works with over 13,000 youth and families annually in 21 states and the District of Columbia in over 100 communities. Our programs are community-based and family-driven, with an emphasis on relationships, strengths, and person-centered planning shaped by personal choice, control and self-determination. A key component of YAP's work is the promotion of community-wide awareness and knowledge of developmental disabilities. By building local capacity, we strive to create a more flexible, welcoming and supportive environment in which people with developmental differences can thrive throughout their lifetimes.

## Who We Serve

YAP offers a number of services and programs to support individuals with developmental disabilities and their families across the lifespan.

- Services for Children from Birth to Three Years of Age**  
 YAP offers services to infants and toddlers who have special needs due to developmental delays or disabilities. Services engage the child's family to strengthen their ability to support the child's resilience and development through training, coaching, modeling and consultation within the home and community.
- Services for Individuals dually diagnosed with a Mental Health Diagnosis**  
 YAP provides home and community support to individuals who are dually diagnosed with developmental disabilities and mental health diagnoses. Direct support to caregivers is available through planned short-term relief. These respite services are provided to both children and adults in their homes and communities.
- Services for Individuals with Developmental Disabilities**  
 YAP provides community based services to enhance the health and welfare of children and adults with developmental disabilities,

## Programs

- Early Intervention
- Intellectual Disability
- Physical Disability
- Traumatic Brain Injury
- Respite
- Autism

## Services

- Home & Community Integration
- Respite In and Out of Home
- Companion Service
- Employment/Job Find
- Behavior Support Service
- Community Integration/Inclusion
- Personal Assistance
- Family Training

## For more information

Lori Burrus, National Director  
*Developmental Disabilities*  
lburrus@yapinc.org/717-228-0935



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such as physical disabilities, intellectual disabilities or those with traumatic brain injury. Caring and supportive staff assist individuals in acquiring, maintaining and improving self-help, domestic, socialization, employment and adaptive skills. YAP also provides supportive services to parents with intellectual disabilities to help them raise their children with confidence.

- **Services for Individuals on the Autism Spectrum**

YAP specializes in serving children, youth and adults diagnosed with autism spectrum disorders, providing them with individualized supports and skill development to promote their inclusion in typical community settings. Additional services include respite, training, and individualized consultation for caregivers. Training and consultation in a variety of formats, from webinars and live workshops to conference calls, is also available to other community stakeholders.

## *Developmental Disabilities Programs*

### **Intellectual Disability and Related Services**

Services are for children, adolescents and adults who have an intellectual disability or have autism. Services include:

- *Home and Community Integration* – Direct, one to one service is provided in home and community settings to assist individuals in acquiring, maintaining and improving self-help, domestic, socialization and adaptive skills.
- *Respite In Home* – Direct in-home service is provided on a short-term basis to individuals whose caregivers need relief. Companion services are used when typical habilitation services are inappropriate and can be used for sleep hours.
- *Behavioral Support Services* – Persons in need of behavioral support receive a functional assessment and development of appropriate individualized support strategies; training is provided to the individual, staff, parents and other stakeholders.
- *Supported Employment* – The skills and interests of an adult with autism or other developmental disability are investigated, inventoried and matched to a specific job and employer's needs, with the objective of creating sustainable long-term employment.

Our mission is to empower individuals who have intellectual and developmental disabilities with the opportunities and skills to exercise self-determination, maximize independence, contribute to society and be valued assets to their communities.

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**Mental Health Respite** services are for children, adolescents and adults with a primary mental health diagnosis. Funding is through managed care, state and local mental health entities. YAP has provided services through the Exceptional Military Family programs as well. Services include Respite In-Home and Out-of-Home.

**Early intervention** services are for children birth to three who have a developmental delay. Individualized, flexible and family-focused, they are provided in the home and community.

**Traumatic Brain Injury and Physical Disability** Services include:

- *Community Integration* – Adults are assisted to acquire, retain and improve the self-help, socialization, and adaptive skills necessary to reside in the community. Help is provided in the areas of eating, bathing, dressing, personal hygiene and activities of daily living.
- *Respite* - Short-term home and community-based respite care is provided to the adult when their caregiver cannot be available.
- *Supported Employment* - The skills and interests of an adult with autism, intellectual disability or related disorders are investigated, inventoried and matched to a specific job and employer's needs, with the objective of creating sustainable long-term employment.
- *Behavior Supports* - Specialized therapeutic support is provided for persons who demonstrate behavioral challenges. Services enhance the client's skills of daily living, teach replacement behaviors, build reliable communication systems, create accommodations for sensory problems, develop crisis intervention plans, and conduct trainings for family and community stakeholders.

"An excellent program! Things are going great!"

- quote from family receiving services

## 10 Best Practices

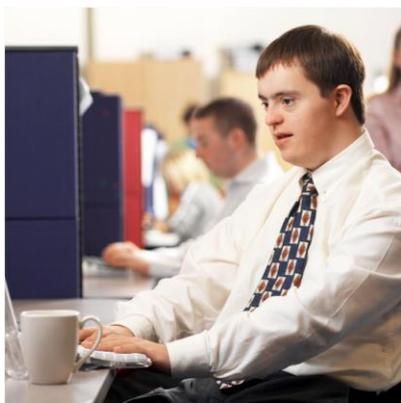
- 1) Focus on the person, not the label
- 2) Support development through reciprocal relationships
- 3) Presume capacity
- 4) Honor and unconditionally support preferred interests
- 5) Respond to behavior as communication
- 6) Learn from the experts; people with intellectual disabilities/developmental disabilities and their families
- 7) Adopt strategies that are proactive, not reactive
- 8) Respect and accommodate emotional and sensory needs
- 9) Interact age-appropriately
- 10) Be open to lifetime opportunities for growth and development

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## Autism Services

Individuals with Autism Services are on the autism spectrum and served through Medicaid waiver funding. Services include:

- *Community Integration* – Persons are taught and supported to acquire the skills needed to live active lives in the community, including mobility, recreation, shopping, home maintenance, and civic involvement.
- *Supported Employment* – The skills and interests of an adult with autism are investigated, inventoried and matched to a specific job and employer's needs, with the objective of creating sustainable long-term employment.
- *Behavioral Support* – Specialized therapeutic support is provided for persons who demonstrate behavioral challenges. Services enhance the client's skills of daily living, teach replacement behaviors, build reliable communication systems, create accommodations for sensory problems, develop crisis intervention plans, and conduct trainings for family and community stakeholders.
- *Respite* – Home and community-based respite care is provided to the adult when their caregiver cannot be available. This service may be provided on a short term basis, whether planned for caregiver relief or due to an emergency.



## Success Story

Bobby is a 27 year old adult with autism who worked with YAP through the waiver services in PA. In building a plan based on Bobby's strengths and interests, the team learned that Bobby's dream was to attend Clown College and become a professional entertainer.

Our staff worked with Bobby and his family to apply for a YAP Endowment Fund Scholarship to help pay for this career-oriented postsecondary education. Bobby received the scholarship, and attended the necessary classes to graduate from Clown College. Upon graduation, he went right to work!

Now Bobby performs at birthday parties, parades, and festivals within his local community. To his great delight, he was also recently hired as an instructor for the College.