

# Day Programming Considerations & Planning

## **CSN Transition Institute**

January 29, 2026

**Presenters: Jacie Feuer, *Transition Services Director*, The Arc Westchester &  
Lori Delgado, *Community Day Services Director*, The Arc Westchester**

# Overview


- Adult Service Considerations
- Day Services
  - Community Habilitation
  - Day Habilitation
  - Pathway to Employment
  - Prevocational Services
  - Supported Employment
- Preparing for Adult Services
- Questions



© 2001-2026, Arc Westchester. All rights reserved.



Supporting people with developmental disabilities throughout their lifetime




**Agency Questions**

Agency Name:  Contact Name:

Phone:  Email:


Program Name:

Question:	Answer/Notes:
What type of day programs do you offer? Site-Based, Community or Without Walls?	<input type="text"/>
How much of the day is spent in the community?	<input type="text"/>
What is the staff to participant ratio?	<input type="text"/>
What does a typical day look like? What are the program hours?	<input type="text"/>
Does your program have a waitlist?	<input type="text"/>
What is the OPWDD service authorization needed for this program?	<input type="text"/>
Can my son/daughter participate in a combination of programs?	<input type="text"/>
Does your program have requirements regarding: <ul style="list-style-type: none"> <li>• Self-care (toileting, eating, etc.)</li> <li>• Behavior</li> <li>• Other</li> </ul>	<input type="text"/>
Are participants able to access therapeutic services during program hours (e.g., physical therapy, speech therapy)?	<input type="text"/>
If we want to apply to this program what are the next steps?	<input type="text"/>
Other Questions/Notes:	<input type="text"/>


[https://drive.google.com/file/d/1WxwMntLx1G8m58V6PokkftBWMCP\\_o1zk/view?usp=sharing](https://drive.google.com/file/d/1WxwMntLx1G8m58V6PokkftBWMCP_o1zk/view?usp=sharing)

© 2001-2026, Arc Westchester. All rights reserved.

Supporting people with developmental disabilities throughout their lifetime







## Adult Service Considerations

- Medication and Allergies – support needs during program hours
- Transportation to-and-from program
- Activities of Daily Living – level of independence/support
- Behavioral Support Needs
- Communication
- Community activities
- Therapy needs (e.g., PT, OT, Speech)
- Staff to participant ratios
- Program vacancies, waitlist
- Age range

# Community Habilitation (Com-Hab)

*Support for daily living and independence*

-  **Personalized Support**  
One-on-one or small group help at home, work, or in the community
-  **Focus on Your Goals**  
Activities tailored to your needs, such as:
  - **Community Life:** Travel training and community involvement
  - **Money Skills:** Budgeting and managing money
  - **Daily Living:** Cooking, cleaning, self-care
-  **Flexible Schedule**  
You and staff choose the days and times
-  **OPWDD Authorization for Community Habilitation**



© 2001-2026, Arc Westchester. All rights reserved.

*Supporting people with developmental disabilities throughout their lifetime*



# Day Habilitation

Supports a person to learn the skills they need to fully access their community and work towards their life goals. Skills such as:

- Socialization
- Safe traveling
- Community inclusion
- Self-advocacy

They are learned through experiences which may include volunteering, classes, and community trips.



© 2001-2026, Arc Westchester. All rights reserved.

Supporting people with developmental disabilities throughout their lifetime

# Day Habilitation Program Comparison

## Site-Based

- 🏢 Certified building setting
- 🚌 Transportation provided or reimbursed
- ☀️ Community outings optional
- ⌚ 6-hour day, Mon–Fri
- 👥 Smaller groups (1:3, 1:4, 1:5)
- 🧩 Daily living skills with or without physical support
- 📄 Requires **Site-Based** Day Hab OPWDD authorization

## WOW (Without Walls)

- 🏠 *Community-based, no building*
- 🚌 Transportation provided or reimbursed
- 🚶 "On the go" all day
- ⌚ 6-hour day, Mon–Fri
- 👥 Groups 1:4 or 1:5
- 💬 Daily living skills done independently or with verbal prompts
- 📄 Requires **WOW Day Hab** OPWDD authorization

© 2001-2026, Arc Westchester. All rights reserved.



Supporting people with developmental disabilities throughout their lifetime

# Day Hab Sample Schedules

Sample based on The Arc Westchester's Site-Based and WOW programming

Site-Based

	Monday	Tuesday	Wednesday
9:30	Travel to site	Travel to site	Travel to site
9:00 – 10:00	<b>Morning yoga</b>	<b>Art Class</b>	<b>Volunteering:</b> Westchester County Food Pantry
10:00 - 11:00	<b>Life Skills:</b> Kitchen safety, nutrition & meal planning.	<b>Life Skills:</b> Kitchen safety & culinary skills – prepare lunch	
11:00 – 12:00			
12:00 – 1:00	Lunch & Group Discussion	Lunch & Group Discussion	Lunch & Group Discussion
1:00 – 2:00	<b>Community activity:</b> grocery shopping	<b>Animal Therapy</b>	<b>Life Skills:</b> Personal hygiene
2:00 – 3:00	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home

Without Walls (WOW)

	Monday	Tuesday	Wednesday
9:30	Travel to site	Travel to site	Travel to site
9:00 – 10:00	<b>Volunteering:</b> <b>Hillside Food Outreach</b> Picking up food from hillside warehouse and deliver to families.	<b>Volunteering:</b> <b>Atria Senior Living</b> Art, games, activities with seniors, serving lunch	<b>Public Library</b> Current Events/Journal Writing
10:00 - 11:00			<b>Whole Foods</b> making healthy choices, making purchases
11:00 – 12:00			
12:00 – 1:00	Lunch & Group Discussion	Lunch & Group Discussion	Lunch & Group Discussion
1:00 – 2:00	<b>Knitting &amp; Sewing Club</b>	<b>Art class</b>	<b>Volunteering:</b> <b>North County Trailway</b> Park clean up
2:00 – 3:00	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home	Daily Activity Logs & Travel Home




© 2001-2026, Arc Westchester. All rights reserved.

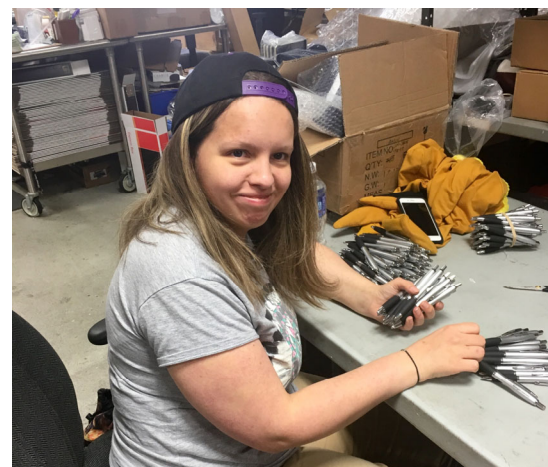
**The Arc.**  
Westchester  
New York



Supporting people with developmental disabilities throughout their lifetime

# Pathway to Employment

- Supports individuals exploring future employment by helping them:
  - Identify strengths, interests, and support needs
  - Build job skills through work-related experiences
  - Develop a personalized career plan
-  Service is one year (or 425 hours), fits around existing schedules
-  The outcome is a plan with specific recommendations for job development or skill development
-  OPWDD Authorization for Pathway to Employment.








© 2001-2026, Arc Westchester. All rights reserved.



Supporting people with developmental disabilities throughout their lifetime



## Community Based Prevocational Services

-  Teaches transferable work skills through both community and classroom experiences.
-  Program duration, schedules and group sizes vary depending on program
-  Transportation is not provided.
-  Participants have a goal of obtaining independent employment within 1-2 years.
-  OPWDD Authorization for Community Prevocational Services.

© 2001-2026, Arc Westchester. All rights reserved.




Supporting people with developmental disabilities throughout their lifetime


# SAMPLE Prevocational Schedule

*Sample based on The Arc Westchester's Project SEARCH Autism Enhancement*

- 8:30** Arrival and Morning Routines
- 8:40** Morning Meeting
- 8:50** Get ready for work
- 9:00** Work at Internship Site
- 1:00** Leave Internship site
- 1:15** Lunch (times vary)
- 1:45** PSAE Curriculum
- 2:15** Logs and Notes
- 2:25** Afternoon Routines
- 2:30** Departure



THE ARC WESTCHESTER'S  
**PROJECT SEARCH AUTISM ENHANCEMENT (PSAE) 2026-2027**




PSAE is a 10-month internship program for young adults who have exited high school, whose goal is competitive employment. This OPWDD funded work-readiness program takes place in White Plains on NewYork-Presbyterian Westchester Behavioral Health campus. PSAE provides the acquisition of transferable work skills for the outcome of employment.

There is a time-sensitive application & screening process, which starts by attending an Information Session. See below for dates and how to register.


**TAKE THE FIRST STEP TOWARD APPLYING TO PSAE BY ATTENDING A SESSION!**

**Virtual Information Sessions for the 2026-2027 Cohort:**  
Free Event for Interested Candidates & Their Parents/Guardians  
\*\*ONLINE REGISTRATION IS REQUIRED\*\*

- Tuesday, October 21, 2025, from 6:30-7:30 PM
- Thursday, November 13, 2025, from 6:30-7:30 PM
- Tuesday, December 9, 2025, from 6:30-7:30 PM
- Wednesday, January 14, 2026, from 6:30-7:30 PM
- Thursday, February 5, 2026, from 6:30-7:30 PM



Click [HERE](#) or scan the QR code to complete the online registration



After registering, you will receive a confirmation email containing the Zoom meeting details.



Contact Jacie Feuer from The Arc Westchester with questions at [jfeuer@arcwestchester.org](mailto:jfeuer@arcwestchester.org)



© 2001-2026, Arc Westchester. All rights reserved.

Supporting people with developmental disabilities throughout their lifetime



Supporting people with developmental disabilities throughout their lifetime

## Supported Employment Services

- The New York State Education Department and OPWDD collaborate to offer short-term and extended Supported Employment Services.
- Job development, job coaching, job retention
- Supports fade as individuals build independence
- The outcome is independent, competitive, integrated employment

© 2001-2026, Arc Westchester. All rights reserved.



# Sample Blended Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 – 8:00					
8:00 – 9:00		Com-Hab			Work (Shift 8:00-2:00)
9:00 – 10:00	Day Hab		Day Hab	Gym	
10:00 – 11:00					
11:00 – 12:00					
12:00 – 1:00					
1:00 – 2:00		Work (Shift 1:00-7:00)		Community Class	
2:00 – 3:00					
3:00 – 4:00		Visit from job coach ~3:00			
4:00 – 5:00				Com-Hab	
5:00 – 6:00	Gym				
6:00 – 7:00					Bowling Club
7:00 – 8:00					

Blended schedules offer flexibility by combining services, work, and community activities.



© 2001-2026, Arc Westchester. All rights reserved.

Supporting people with developmental disabilities throughout their lifetime

# Preparing for Adult Services



© 2001-2026, Arc Westchester. All rights reserved.

Supporting people with developmental disabilities throughout their lives



**JoJo's Job Tasks:**

If door is closed—do NOT enter. **STOP**  
 If person is in a room—ASK if you may clean room

	Social Work Department:	34 Montgomery Place:	Chapel:	Break Room:
Shake small rugs out, outside				
Sweep Floors				
Dusting – Radiators				
Clean <b>Outside &amp; Inside</b> of Microwaves				
Take out Garbage				
Ask Erica what to do next!				

## Strategies to Prepare for Adult Services:

- Enroll with adult service agencies to access recreation and respite
- Participate in pre-employment transition services during high school
- Provide opportunities to practice self-advocacy and problem-solving skills
- Assign responsibilities and chores with clear expectations
- Include the whole team in transition planning conversations
- Encourage decision-making, exploring interests, taking safe risks, and learning from both successes and mistakes
- Maintain an up-to-date resume with volunteer/internship experiences
- Discuss interests, likes, dislikes, and preferred learning styles
- Encourage carrying a wallet with identification
- Practice using ParaTransit or other transportation options

© 2001-2026, Arc Westchester. All rights reserved.



Supporting people with developmental disabilities throughout their lifetime

# Techniques for Independence

## Visual Supports

- Pictures
- Labels
- Written or picture schedules

## Reminders

- Alarms
- Reminder apps
- Timers

## Step-by-Step Guidance

- Checklists
- Gestures or demonstrations (*show, don't do*)

## Communication Tools

- Communication apps
- Supports for independent interaction



Work Schedule: Every Friday off for the following week. Take a picture and e-mail it to Jeni, Celia, Matt & Dad

Date:	Day:	Shift Time:	Call Alarm:	Wake-up @:	Leave:	Apartment @:	Bus #:	Bus Time:
5/20	Sun.	X						
5/21	Mon.	X						
5/22	Tues.	1-6	10:00	12:05	13			12:10
5/23	Wed.	X						
5/24	Thurs.	1-6	10:00	12:05	13			12:10
5/25	Fri.	10-3	8:00	9:00	14			9:10
5/26	Sat.	10-3	8:00	9:05	14			9:15



© 2001-2026, Arc Westchester. All rights reserved.

Supporting people with developmental disabilities throughout their lifetime

Scan the QR Code to  
View and Download  
Resources Related to  
this Presentation



[Shared Resources \(google drive\)](#)



© 2001-2026, Arc Westchester. All rights reserved.



*Supporting people with developmental disabilities throughout their lifetime*

**Thank You!**

**Lori Delgado**

*Community Day Services Director*

[ldelgado@arcwestchester.org](mailto:ldelgado@arcwestchester.org)

**Jacie Feuer**

*Transition Services Director*

[jfeuer@arcwestchester.org](mailto:jfeuer@arcwestchester.org)

**The Arc Westchester**  
**General Contact Information:**  
914-949-9300 or 914-428-8330  
[www.arcwestchester.org](http://www.arcwestchester.org)  
[info@arcwestchester.org](mailto:info@arcwestchester.org)



*Supporting people with developmental disabilities throughout their lifetime*

Questions

*Supporting people with developmental disabilities through*

**The Arc.**  
Westchester  
Since 1958