

B.R.I.D.G.E.S.

BUILDING RELATIONSHIPS, INDEPENDENCE,
DETERMINATION, GROUP & ESSENTIAL
SKILLS

CHECK
OUT
WHAT'S

NEW

INTRODUCING...
TECHNOLOGY

PROGRAM
LAUNCH IN
UNIVERSITY

FAMILY
FOCUS

A BRIDGE TO ACHIEVEMENT
UNLOCKING POTENTIAL • TRANSFORMING LIVES

STEAM
ACTIVITIES

HELLO
SPRING!

ACHOO!

OMG!
DIY
PROJECTS!

VOL 2. SPRING 2024



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ABOUT THE PROGRAM

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LEARNERS ARE OFFERED OPPORTUNITIES TO COOK AND PREPARE MEALS, COMPLETE HOUSEHOLD TASKS SUCH AS LAUNDRY AND CLEANING, AND PARTICIPATE IN GROUP PROJECTS AND CRAFTS SUCH AS GARDENING AND PAINTING. THERE IS A FOCUS ON SELF-ADVOCACY AS WELL AS IDENTIFYING AND COMMUNICATING EMOTIONAL STATES WHILE BUILDING PEER RELATIONSHIPS THROUGH NATURALLY EMBEDDED OPPORTUNITIES.

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ACCESS TO TECHNOLOGY IN THE ADL PROGRAM!



IN TODAY'S WORLD, TECHNOLOGY HAS BECOME INTEGRATED THROUGHOUT OUR ENTIRE DAY. FROM OUR PHONES, EMAIL, CALENDARS, AND LEISURE ACTIVITIES, TECHNOLOGY IS EMBEDDED INTO SO MUCH OF OUR DAILY LIVES. THE ADL PROGRAM HAS OPPORTUNITIES FOR LEARNERS TO INCREASE THEIR SKILLS UTILIZING A RANGE OF TECHNOLOGY AND DAILY STEAM ACTIVITIES. SOME OF THE NEWEST TECH PROGRAM HIGHLIGHTS INCLUDE: INTRO TO BASIC COMPUTER SKILLS SUCH AS TYPING YOUR NAME, DRAGGING AND DROPPING ICONS, AND USING A TOUCHPAD ON A LAPTOP. NAVIGATING TOUCHSCREENS ARE ALSO AN IMPORTANT PART OF OUR DAILY LIVES - THINK ABOUT HOW OFTEN YOU SIGN YOUR NAME ON A TOUCHSCREEN DEVICE! TOUCHSCREEN DEVICES IN THE ADL PROGRAM ARE INTRODUCED THROUGH THE LAPTOPS USED DURING GROUP CIRCLE/HANGOUT TIMES AS WELL AS SMART BOARDS THAT OFFER A RANGE OF PROGRAMS TO PRACTICE.



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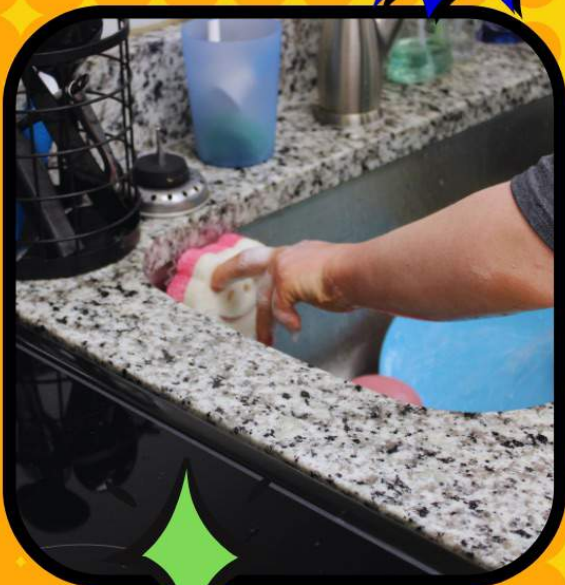


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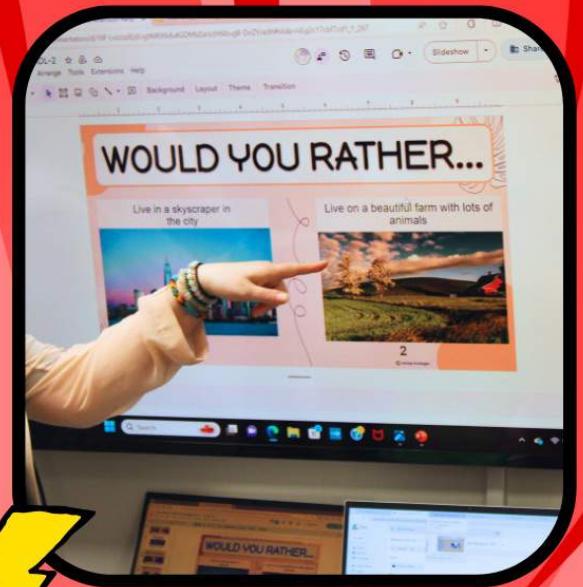
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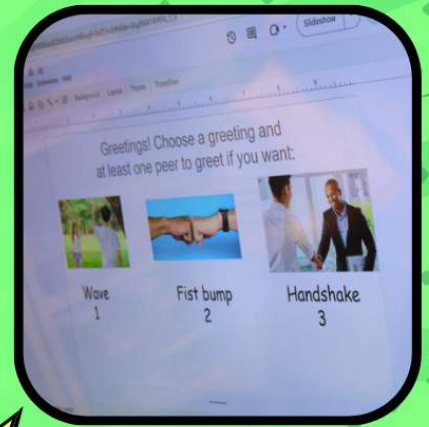
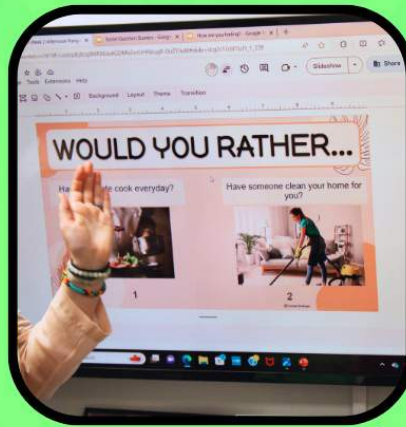
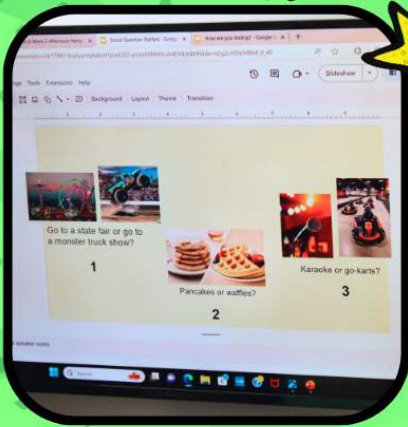
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SNACKS: SALTY VS. SWEET, VEGETABLES VS. FRUIT, COLD VS. HOT
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TO INCREASE YOUR CHILD'S INDEPENDENCE IN THE HOME, YOU CAN START WITH DAILY CHORES THAT ARE PART OF YOUR FAMILY'S DAILY ROUTINE. WASHING DISHES AFTER DINNER TIME CAN BE USED TO TEACH IMPORTANT SKILLS SUCH AS: FOLLOWING 1-STEP INSTRUCTIONS, STAYING ON TASK, AND DOING A TASK IN AN ORDERLY FASHION. YOU CAN ALSO MODEL WASHING DISHES WHILE LABELING WHAT YOU ARE DOING SUCH AS "I'M WASHING THE PLATE" OR "I'M USING A SPONGE TO WASH THE FORKS". IF WASHING DISHES IS A BRAND NEW SKILL FOR YOUR CHILD, TRY HAVING THEM DO THE FIRST OR LAST STEP OF THE DISHWASHING PROCESS TO START OR FINISH THE ACTIVITY. ANY PARTICIPATION IS A GREAT PLACE TO START!



COOKING SKILLS ARE DEVELOPED IN OUR ADL PROGRAMS AND ACROSS COOKING ACTIVITIES. DURING LUNCH PREP, SOME OF THE LEARNERS HAVE LEARNED TO SAFELY USE FOOD HEATING EQUIPMENT SUCH AS THE MICROWAVE AND AN AIR FRYER. LEARNERS ARE ALSO GIVEN A RECIPE THREE TIMES A WEEK TO PREPARE A SNACK OR LUNCH. AT HOME AND AS A FUN ACTIVITY TO DO TOGETHER, YOU CAN USE DOWNLOADABLE VISUAL RECIPES SUCH AS PICTURES IN EASY TO FOLLOW STEPS TO MAKE A FAVORITE MEAL OR DRINK.



A GREAT RESOURCE FOR VISUAL RECIPES IS:
[HTTPS://ACCESSIBLECHEF.COM/](https://accessiblechef.com/)

YOU CAN ALSO FIND A VIDEO ONLINE WITH CLEAR STEPS TO MAKE SIMPLE RECIPES SUCH AS MIXING LEMONADE, MAKING A FRUIT WRAP, OR SPREADING CREAM CHEESE ON CELERY OR ANOTHER PREFERRED FOOD. TRY PAUSING THE VIDEO AS YOU GO TO FOLLOW ONE STEP AT A TIME.

COMMUNITY EVENTS AND ACTIVITIES

CHARLOTTE EVENTS:

- LET'S TALK ABOUT IT...THE AUTISM CENTER, IS HAVING A FREE AUTISM RESOURCE FAIR!
 - MAY 4TH, 10AM-1PM
 - REGISTER ON THEIR WEBSITE!
- CHARLOTTE MECKLENBURG LIBRARY HAS ADAPTIVE EXPERIENCES FOR ADULTS AND TEENS (ADULT SENSORY) IN-PERSON OPPORTUNITIES!
 - ONCE A MONTH ON TUESDAYS
 - MORE INFORMATION ON THEIR WEBSITE!
- BACKDROP COFFEE
 - A CAFE THAT IS A COMMUNITY STAPLE HERE IN CHARLOTTE. THEY PRACTICE INCLUSIVITY AND PRIORITIZE HIRING INDIVIDUALS WITH DISABILITIES.
- SEA LIFE HAS SENSORY FRIENDLY SUNDAYS!
 - SECOND SUNDAY OF EVERY MONTH, 10AM-11AM
- A BRIDGE TO ACHIEVEMENT ART GALLERY
 - IN CELEBRATION OF AUTISM ACCEPTANCE MONTH, ABTA IS HOSTING AN ART GALLERY WALK AT ALL 3 OF OUR LOCATIONS ON APRIL 27TH!
 - 12PM TO 2PM

COMMUNITY EVENTS AND ACTIVITIES

WINSTON-SALEM EVENTS:

- ALL ABILITIES: AUTISM ACCEPTANCE CELEBRATION AT GLENN MCNAIRY BRANCH LIBRARY
 - WILL HAVE ALL THINGS TRUCKS, TRAINS, BUSES, CARS, AND MORE!
 - APRIL 13TH, 2:00PM- 3:30PM
 - VISIT THE FOLLOWING LINK FOR MORE INFO:
GREENSBORO-
NC.GOV/HOME/COMPONENTS/CALENDAR/EVENT/106229/23
- ABILITIES TENNIS - WINSTON-SALEM OPEN 2024
 - ABILITIES TENNIS ASSOCIATION OF NORTH CAROLINA (ATANC) IS HOSTING A FREE TENNIS COMPETITION TO PLAYER WITH INTELLECTUAL DISABILITIES OF ALL AGES!
 - APRIL 25TH-APRIL 27TH
 - VISIT THE LINK FOR MORE INFO:
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COMMUNITY EVENTS AND ACTIVITIES

...AND BEYOND!

- QUIET DAYS AT THE NORTH CAROLINA ZOO
 - LOCATED IN ASHEBORO, NC
 - 10AM-2PM
 - EVERY THIRD TUESDAY OF THE MONTH (NOT INCLUDING APRIL)
 - MORE INFO HERE: NCZOO.ORG/EVENTS/QUIET-DAYS

- NCDHHS INCLUSION WORKS LUNCH & LEARN
 - REOCCURING FREE EVENT
 - "EACH LUNCH & LEARN WILL COVER A DIFFERENT TOPIC RELATED TO THE INCLUSION WORKS INITIATIVE, WHICH HELPS SUPPORT INDIVIDUALS TO FIND JOBS IN THE COMMUNITY. THESE INFORMATION SESSIONS ARE LED BY NCDHHS RESOURCES AND INCLUDE TIME FOR A QUESTION AND ANSWER SESSION WITH ATTENDEES."

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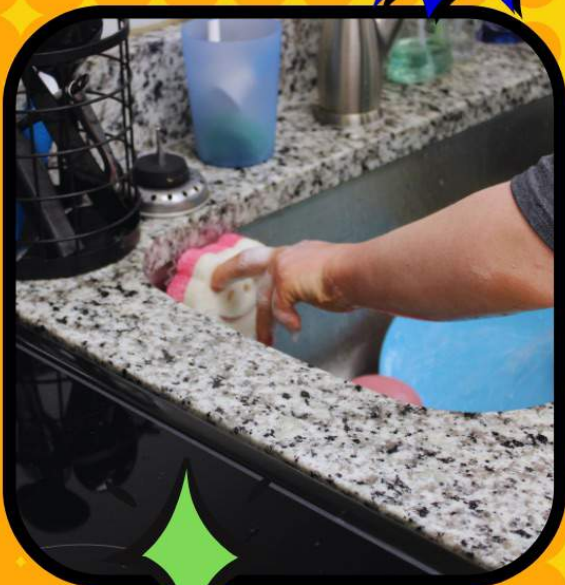


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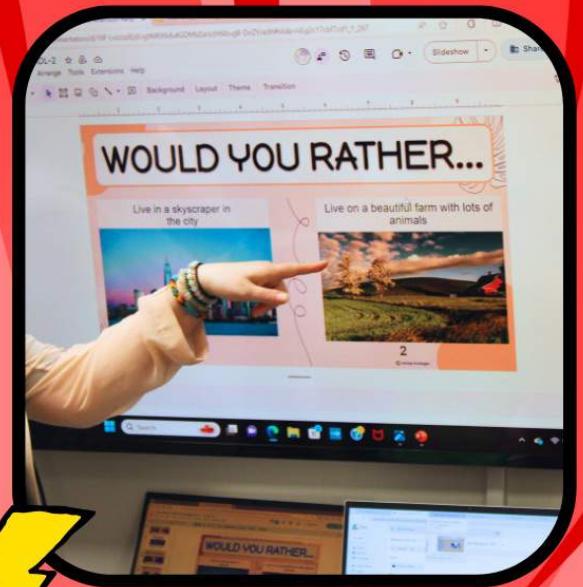
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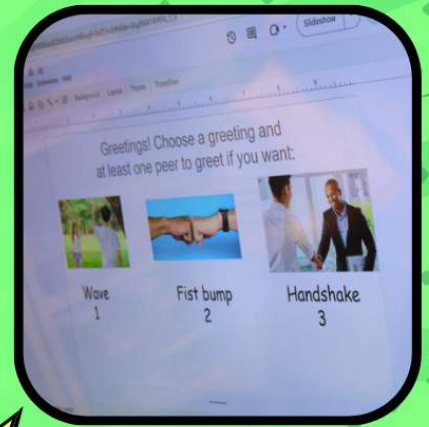
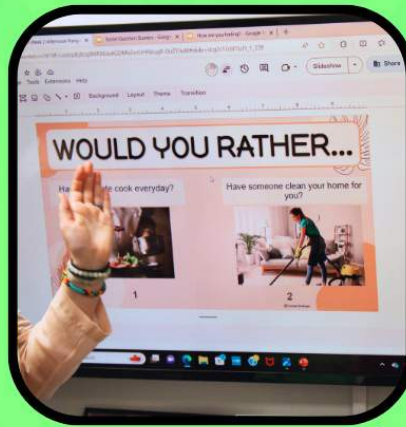
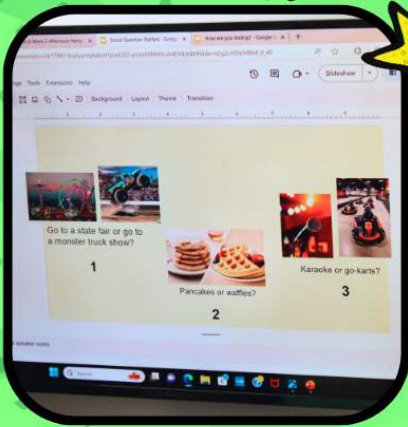
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ACTIVITIES FOR HOME: DAILY CHORES AT HOME

TO INCREASE YOUR CHILD'S INDEPENDENCE IN THE HOME, YOU CAN START WITH DAILY CHORES THAT ARE PART OF YOUR FAMILY'S DAILY ROUTINE. WASHING DISHES AFTER DINNER TIME CAN BE USED TO TEACH IMPORTANT SKILLS SUCH AS: FOLLOWING 1-STEP INSTRUCTIONS, STAYING ON TASK, AND DOING A TASK IN AN ORDERLY FASHION. YOU CAN ALSO MODEL WASHING DISHES WHILE LABELING WHAT YOU ARE DOING SUCH AS "I'M WASHING THE PLATE" OR "I'M USING A SPONGE TO WASH THE FORKS". IF WASHING DISHES IS A BRAND NEW SKILL FOR YOUR CHILD, TRY HAVING THEM DO THE FIRST OR LAST STEP OF THE DISHWASHING PROCESS TO START OR FINISH THE ACTIVITY. ANY PARTICIPATION IS A GREAT PLACE TO START!



COOKING SKILLS ARE DEVELOPED IN OUR ADL PROGRAMS AND ACROSS COOKING ACTIVITIES. DURING LUNCH PREP, SOME OF THE LEARNERS HAVE LEARNED TO SAFELY USE FOOD HEATING EQUIPMENT SUCH AS THE MICROWAVE AND AN AIR FRYER. LEARNERS ARE ALSO GIVEN A RECIPE THREE TIMES A WEEK TO PREPARE A SNACK OR LUNCH. AT HOME AND AS A FUN ACTIVITY TO DO TOGETHER, YOU CAN USE DOWNLOADABLE VISUAL RECIPES SUCH AS PICTURES IN EASY TO FOLLOW STEPS TO MAKE A FAVORITE MEAL OR DRINK.



A GREAT RESOURCE FOR VISUAL RECIPES IS:
[HTTPS://ACCESSIBLECHEF.COM/](https://accessiblechef.com/)

YOU CAN ALSO FIND A VIDEO ONLINE WITH CLEAR STEPS TO MAKE SIMPLE RECIPES SUCH AS MIXING LEMONADE, MAKING A FRUIT WRAP, OR SPREADING CREAM CHEESE ON CELERY OR ANOTHER PREFERRED FOOD. TRY PAUSING THE VIDEO AS YOU GO TO FOLLOW ONE STEP AT A TIME.

COMMUNITY EVENTS AND ACTIVITIES

CHARLOTTE EVENTS:

- LET'S TALK ABOUT IT...THE AUTISM CENTER, IS HAVING A FREE AUTISM RESOURCE FAIR!
 - MAY 4TH, 10AM-1PM
 - REGISTER ON THEIR WEBSITE!
- CHARLOTTE MECKLENBURG LIBRARY HAS ADAPTIVE EXPERIENCES FOR ADULTS AND TEENS (ADULT SENSORY) IN-PERSON OPPORTUNITIES!
 - ONCE A MONTH ON TUESDAYS
 - MORE INFORMATION ON THEIR WEBSITE!
- BACKDROP COFFEE
 - A CAFE THAT IS A COMMUNITY STAPLE HERE IN CHARLOTTE. THEY PRACTICE INCLUSIVITY AND PRIORITIZE HIRING INDIVIDUALS WITH DISABILITIES.
- SEA LIFE HAS SENSORY FRIENDLY SUNDAYS!
 - SECOND SUNDAY OF EVERY MONTH, 10AM-11AM
- A BRIDGE TO ACHIEVEMENT ART GALLERY
 - IN CELEBRATION OF AUTISM ACCEPTANCE MONTH, ABTA IS HOSTING AN ART GALLERY WALK AT ALL 3 OF OUR LOCATIONS ON APRIL 27TH!
 - 12PM TO 2PM

COMMUNITY EVENTS AND ACTIVITIES

WINSTON-SALEM EVENTS:

- ALL ABILITIES: AUTISM ACCEPTANCE CELEBRATION AT GLENN MCNAIRY BRANCH LIBRARY
 - WILL HAVE ALL THINGS TRUCKS, TRAINS, BUSES, CARS, AND MORE!
 - APRIL 13TH, 2:00PM- 3:30PM
 - VISIT THE FOLLOWING LINK FOR MORE INFO:
GREENSBORO-
NC.GOV/HOME/COMPONENTS/CALENDAR/EVENT/106229/23
- ABILITIES TENNIS - WINSTON-SALEM OPEN 2024
 - ABILITIES TENNIS ASSOCIATION OF NORTH CAROLINA (ATANC) IS HOSTING A FREE TENNIS COMPETITION TO PLAYER WITH INTELLECTUAL DISABILITIES OF ALL AGES!
 - APRIL 25TH-APRIL 27TH
 - VISIT THE LINK FOR MORE INFO:
WWW.ATANC.ORG/EVENTS
- A BRIDGE TO ACHIEVEMENT ART GALLERY
 - IN CELEBRATION OF AUTISM ACCEPTANCE MONTH, ABTA IS HOSTING AN ART GALLERY WALK AT ALL 3 OF OUR LOCATIONS ON APRIL 27TH!
 - 12PM TO 2PM

COMMUNITY EVENTS AND ACTIVITIES

....AND BEYOND!

- QUIET DAYS AT THE NORTH CAROLINA ZOO
 - LOCATED IN ASHEBORO, NC
 - 10AM-2PM
 - EVERY THIRD TUESDAY OF THE MONTH (NOT INCLUDING APRIL)
 - MORE INFO HERE: NCZOO.ORG/EVENTS/QUIET-DAYS

- NCDHHS INCLUSION WORKS LUNCH & LEARN
 - REOCCURING FREE EVENT
 - “EACH LUNCH & LEARN WILL COVER A DIFFERENT TOPIC RELATED TO THE INCLUSION WORKS INITIATIVE, WHICH HELPS SUPPORT INDIVIDUALS TO FIND JOBS IN THE COMMUNITY. THESE INFORMATION SESSIONS ARE LED BY NCDHHS RESOURCES AND INCLUDE TIME FOR A QUESTION AND ANSWER SESSION WITH ATTENDEES.”