



MILESTONES PROGRAM

Milestones Program is a life skills and education environment that promotes independence and self-determination. It supports adults with intellectual disabilities and specializes in working with participants that have a dual diagnosis, although the program is not exclusive to people with mental health issues. The goal of the program is to provide a safe, interactive and positive learning environment that can adapt to different peoples learning needs.

Staff to participant ratio is typically 1:5 however staff often accompany participants to a job site to supervise one or more participants. An individual assessment and program plan is designed using a collaborative approach with the participant, families, care-providers and day service staff. All staff have received training in sensory processing disorders, autism, schizophrenia, behavioral and sensory treatment protocols.

Our program location at 574 Erin Street is completely wheelchair accessible.

Components of the program include but are not limited to:

- Physical Activity
- Recreation/Leisure
- Health and Cooking Classes
- Work Experience & Classes
- Life-Skills Training
- Multi-Sensory Environments
- Computer Programs
- Community Exposure & Participation
- Literacy Classes
- Relationship/Social Skills Training/Anger Management
- American Sign Language Classes
- Art Expression/Music Appreciation
- Current Events
- Individual Physical Therapy Treatment Plans
- Driver's Education
- Choir
- Music Recording Studio
- Cultural Awareness
- Interactive White Board



Gardening herbs for Cooking Class



Work out/Fitness Room



Music Recording Studio



Interactive White Board Room/
Multimedia Room



Main Activity Room

CONTACT INFORMATION: Alternative Solutions Day Services: 717 Portage Ave, Winnipeg, MB R3G 0M8. Ph: 204-786-7051, Fax: 204-774-6468. Or visit Alternative Solutions Day Services at www.newdirections.mb.ca