

Culinary and Art Classes

Here at Tomorrow's Voices, we understand the importance of repetition, practice, and the use of prompting in aid to reach further independence in certain areas. Therefore, Tomorrow's Voices' Thriving Beyond 21 Day Programme places a heavy emphasis on culinary exposure to further enhance independent living skills. For example, clients will have the opportunity to learn breakfast, lunch, and dinner focused culinary techniques and cuisines appropriate for their abilities. This can include dipping up meals, controlled pouring skills, and dependent on the client, can range to full meal preparation.

Art Classes are presented in various ways and pitched accordingly depending on if the goal is recreational or if the goal is for commercial purposes through client lead entrepreneurial sales.

Health and Fitness Opportunities

Although health will be covered in our life skills objectives, we will expand on this target by providing fitness opportunities. The fitness opportunities will be in alignment with the physical abilities of each client and will range from leisurely walks to gym exposure.

Community Outings and Interactions

To expand on recreational opportunities and community social skills, the adults of the Thriving Beyond 21 Day Programme will be presented with community outings and interactions. Although, community outings and interactions will be offered year-round, in the summer months (July and August) weather will permit for more outdoor community outings and interactions.

What is AUTISM SPECTRUM DISORDER?

Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges. There is often nothing about how people with ASD look that sets them apart from other people, but people with ASD may communicate, interact, behave, and learn in ways that are different from most other people. The learning, thinking, and problem-solving abilities of people with ASD can range from gifted to severely challenged. Some people with ASD need a lot of help in their daily lives; others need less.

A diagnosis of ASD now includes several conditions that used to be diagnosed separately: autistic disorder, pervasive developmental disorder not otherwise specified (PDD-NOS), and Asperger syndrome. These conditions are now all called autism spectrum disorder.

FOR ADDITIONAL INFORMATION ON
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About TOMORROW'S VOICES

Tomorrow's Voices - Bermuda Autism Early Intervention Centre was founded in 2007 by two parents who felt that Bermuda needed a Centre to provide Applied Behavior Analysis/Verbal Behavior services for persons diagnosed on the Autism Spectrum.

Since opening in 2007, Tomorrow's Voices has grown to an internationally renowned clinical centre providing a range of behavioural and therapeutic treatments and services to individuals with autism spectrum disorders as well as support and training services to their families and the wider community. It has also expanded its services to assist those persons with developmental differences.

As the clinic continues to evolve, it has expanded its mission to assist all individuals with autism and developmental differences over their life span. As such, Tomorrow's Voices has removed restrictions on the age of clients it assists and now provides services into adulthood.

Our MISSION

- To bring positive change to the lives of individuals with autism and other developmental differences, as well as their families, through research-based best behavioural practices.
- To provide training to allied health professionals, parents, teachers, and others in the Bermuda community regarding the scholarly research cited as best practices in the service delivery to individuals with developmental differences.
- To provide a continuum of care throughout the lifespan of individuals with autism and developmental differences by providing effective and individualized behavioural programmes.
- To improve the quality of life for individuals with autism and developmental differences by working on the systematic issues that affect their lives.

Thriving Beyond 21 PROGRAMME

Understating that developmental differences are not attached to chronological age, and noting the gap in services in Bermuda, *Thriving Beyond 21* is an evolved programme of Tomorrow's Voices that provides support to adults 21 years and older.

Thriving Beyond 21 is a safe, engaging, fun and well rounded adult programme which relies on the collection of data and provides Applied Behavior Analysis (ABA) services for adults with Autism or development differences through social, life, and job skills training. Under the supervision of a onsite Board Certified Behavior Analysis (BCBA), we assess the skills of our adults using assessment tools geared toward this population. We also partner with businesses and community and are a bridge to help these individuals live and work independently. This programme works on life skills training, vocational skills training, and social skills training

in a group capacity. The programme also offers recreational opportunities, fitness opportunities, as well as gardening exposure. These skills are facilitated through community outings and interactions as well as job skills training and job connection opportunities.

The programme operates weekdays and clients have the option of attending part-time (3 full days per week) or full-time (5 full days per week).



Programme DETAILS

Programme Location:	Bay View, #4 Happy Valley Road, Pembroke Bermuda, HM19
Programme Staff:	Senior Therapist, VB Therapist, Junior VB Therapist
Participant Minimum Age:	21 years
Available Spots:	5 spots (Pilot Programme) – waitlist available
Full-Time Programme:	9:00am – 4:00pm (Monday to Friday)
Part-Time Programme:	9:00am – 4:00pm (Monday to Wednesday)
Months In Session:	12 months per year (Closed Public Holidays, Professional Development days and up to 2 weeks throughout the year)
Intake and Application:	Fill out online Intake Application form and submit with \$100 intake fee
Intake Fee:	Upon acceptance in the programme, intake fee will be applied to monthly fee
Programme Fee:	Paid in advance on a monthly basis
Programme Contract:	Upon acceptance, Annual Contract signed by the client and the Centre
Financial Support:	Accepted clients can apply for a Tomorrow's Voices Bursary

PROGRAMME OFFERINGS:

- Life Skills Training**
Through Life Skills objectives, clients will be able to practice and learn skills necessary to daily living. Opportunities will be presented for clients to engage with their peers and Therapists to practice cooking skills, personal care skills, money management, organisation, planning, prioritising, cleaning related skills, decision-making skills and other life skills that are socially significant to the client and their family.
- Social Skills Training**
Social Skills are essential in all areas of life. The social skills objectives offered through the Thriving Beyond 21 Day Program will allow our clients to practice the skills necessary for maintaining relationships. For example, flexibility skills such as

the give and take in social interactions, coping skills for when things do not go as planned, space awareness, maintaining friendship, and family communication, just to name a few.

Vocational Skills
The Thriving Beyond 21 Day Programme incorporates vocational skills with an aim to equip our clients with knowledge and provide hands-on practice that will aid them in being more independent in an occupational/volunteer setting.

Executive Functioning Skills Training
Executive Functioning Skills are skills that are needed to plan and achieve goals. Through each of the above targets within the Thriving Beyond 21 Day Programme, clients will be working on practicing executive functioning skills such as working memory, self-monitoring, planning and prioritizing, task initiation, organization skills, impulse control, emotional control, and flexible thinking. Opportunities will be presented to allow clients to practice these skills with the facilitation and prompting of therapist with the long-term objective of clients being more independent in these areas.

Job Skills and Job Connections Training
In further developing our clients' vocational skills, the Thriving Beyond 21 Day Program, will coordinate work and volunteer opportunities that will allow the adults of the program to generalise their skills to real world placements.

Creating Microenterprises
Following the trend of vocational skills preparation and job connection opportunities. Tomorrow's Voices' Thriving Beyond 21 Day Programme will create and assist clients in creating business opportunities. For example, allowing clients to sell items that they have created within the day program.

Recreational Opportunities
In aiming to provide a well-rounded programme, recreational opportunities are vital to one's quality of life and can increase opportunities for enjoyment, self-confidence, and motivation. Recreational opportunities will range from in-centre group activities (e.g. board games, art exploration, etc.) to external recreational opportunities such as gardening exposure.