

## L.I.F.E. Program Application Process

- 1) A meeting will be scheduled to complete an assessment and interview with each interested applicant and his or her parent or guardian.
- 2) This process will determine the specific needs of the applicant and whether he or she meets the eligibility criteria of the program.
- 3) NISRA will notify the applicant and his or her family of the outcome of the application process. All decisions regarding eligibility will be made by NISRA.

### Staff Contact:

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## What is NISRA?

NISRA is an extension of 13 member park district and municipal recreation departments, providing year round community recreation for local children & adults with disabilities.

Programs take place in member district facilities and other public & private recreation sites. NISRA's activities are led by full-time staff with college degrees in Therapeutic Recreation or related fields, and trained part-time staff and volunteers.

## NISRA's Member Districts

### The park districts and cities that form NISRA are:

- Barrington Park District
- Cary Park District
- Crystal Lake Park District
- Dundee Township Park District
- City of Elgin
- Hampshire Township Park District
- City of Harvard
- Huntley Park District
- Village of Lake in the Hills
- Marengo Park District
- City of McHenry
- Wauconda Park District
- City of Woodstock

**Residents of the member districts are eligible for NISRA's Resident Fee.**

## Contact Us

### NISRA

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# L.I.F.E.

## Leisure Increases Freedom & Enjoyment

...a program of the Northern Illinois Special Recreation Association

**The L.I.F.E. Program** is a NISRA year-round life skills program, using community-based recreation activities to enhance the quality of life for young adults, ages 22-35, with a mild to moderate cognitive disability. Participants plan and actively participate in fitness activities, planning and preparing meals, scheduling field trips, performing service projects, and other leisure time experiences.

### **Location**

Sage Therapeutic Recreation Center at the NISRA Office  
285 Memorial Drive  
Crystal Lake

### **Time**

9:30 am-2:30 pm

### **Options**

- Monday & Wednesday group
- Tuesday & Thursday group

## **Program Elements**

### **Recreation and Leisure**

- Fitness, Art, Music, Games, Day Trips

### **Socialization and Communication**

- Group Activities, Peer Interaction, Relationship Building, Conflict Resolution

### **Community Integration**

- Volunteer Projects, Explore Community Resources, Discuss Current Events

### **Independent Living Skills**

- Personal Health and Nutrition, Money Skills, Cooking and Cleaning



## **Essential Eligibility Criteria**

While it is generally NISRA's intent to accommodate participants in all NISRA programs regardless of their needs, not all individuals with disabilities are eligible for the L.I.F.E. Program. It is necessary for potential applicants to meet the essential eligibility criteria to function in a 1:5 staff-to-participant ratio without additional accommodations that would deviate from the basic nature and goals of the activity. Due to the nature and goals of the L.I.F.E Program, all participants must have the ability to meet the following criteria. NISRA reserves the right to reassess participants for eligibility throughout the year as needed.

### **Participation Expectations**

- Actively participate and show independence in the variety of planned activities and daily tasks
- Interact and be socially engaged with peers for an extended period of time
- Be a contributing member of the group and be able to work toward goals of the program
- Cope positively with changing situations and demonstrate flexibility in general

### **Code of Conduct**

- Show respect to all participants and staff, and take direction from staff
- Refrain from using abusive or foul language
- Refrain from causing bodily harm to self, other participants, and staff
- Show respect for equipment, supplies, and facilities

### **Personal Care**

- Use the washroom and change clothes independently. Assistance will be provided for an individual with a physical disability with transferring in and out of his/her wheelchair.

