



QUEENS CENTERS FOR PROGRESS

Services for People with Developmental Disabilities



LEADING THE WAY TO INDEPENDENCE





A MESSAGE FROM THE EXECUTIVE DIRECTOR



Queens Centers for Progress is made up of people working together to promote the independence and community integration of individuals with developmental disabilities. We play many different roles, but each of the agency's 600 staff members is focused on this same goal.

Every day, we work with individuals from preschool to their 90's. We provide services and supports designed around the individual, with input from the individual. This may not be the easiest way to operate - but we think it is the best way. We firmly believe that people have the right to make choices about their lives: they know best what they would like to do, and where they would like to do it. Our role is to listen - and to support their choices with the appropriate programs and services.

Our services include education, therapy, job training and placement, day programs, advocacy, housing and many other support services to help people with developmental disabilities lead fuller lives.

We are pleased to present this brochure to you as an introduction to Queens Centers for Progress. On behalf of the people we support, our staff, and our Board of Directors, welcome!

Leri Ross



INTRODUCTION

Queens Centers for Progress was founded in 1950 as United Cerebral Palsy of Queens by a group of parents who needed services for their children with cerebral palsy. The agency's first services were delivered from the basement of a wood-frame house in Queens, now affectionately referred to as the "haunted house". Our first fully dedicated building, at 82-25 164th St., was constructed in 1958. Initially, UCP of Queens offered therapy and educational programs for children with cerebral palsy. As the children grew, we doubled the size of the building at 82-25 164 St. in 1966 to begin providing vocational services.

As part of an expansion to provide day programming for people who had been living in institutional settings, QCP's Natalie Katz Rogers Training and Treatment Center, at 81-15 164th St., was built in 1974, and reflected a great increase in the number of adults needing vocational, and life-skills training services. In the 1980s, as the people we served aged, we added services for seniors, emphasizing community-based recreation and health education for people of retirement age with developmental disabilities. Our program for seniors is now known as the "Community Connections Center."

QCP began providing residential services in 1979 with the opening of the Robert T. Groh Residence in Jamaica Estates. That house is now home to eight seniors.

QCP's next major expansion, in the late 1980s, involved construction of a Day Habilitation site for 150 people in Bellerose, Queens, along with five residences, each providing a home for ten adults with significant disabling conditions. QCP has since opened three Individual Residential Alternative houses in neighborhoods throughout Queens.

In 2001, we changed our name to Queens Centers for Progress. While we continue to support children and adults with cerebral palsy, over the years our services have greatly expanded to include a wider range of developmental disabilities and related conditions. QCP now has a staff of more than 600 and an annual budget of over \$36 million; funded through federal, state, and local government sources, contract services and private contributions.





MISSION STATEMENT

Queens Centers for Progress is committed to providing person-centered services and supports to children and adults who have developmental disabilities. The goal of these services and supports is to promote independence, community involvement, and quality of life.

OUR MISSION

Queens Centers for Progress is dedicated to the goal of providing children and adults who have developmental disabilities the opportunities to make choices which will maximize their skill development, independence, and integration into community life. At the core of all the agency's services is the deeply held belief in the development of the individual. QCP believes that all people can learn and that all people - in spite of any developmental disability - can make meaningful choices about their lives.

Guiding Principles

QCP will provide individually-designed services and supports which will maximize:

- independent decision-making capabilities;
- integration into community life; and,
- daily living, educational, and work-related skills.

Advocate for the rights and entitlements of persons with developmental disabilities. Demonstrate our commitment to these rights by always treating those who use our services, and their families, with dignity and respect.

Engage in community outreach and public education to further awareness of the Agency's services and the contributions made by persons with developmental disabilities.

Establish relationships with community and governmental organizations involved with services to people with developmental disabilities.

Attract, train and retain staff who are committed to providing services of consistently high quality, who are compensated fairly for their work and who are treated with respect.

Operate the agency in a manner which demonstrates adherence to high ethical standards and assures financial stability and thereby protect the ongoing ability to carry out the Agency's Mission.



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WHO WE ARE

QCP's goal is to support each person in making the most of his or her talents, abilities, and interests. We seek maximum involvement from the individual in making their choices of goals and outcomes that have meaning in their lives. At the same time, we provide a range of supports in those areas affected by the disabling conditions so that the person can be as independent and integrated into the life of their community as possible.

A developmental disability is defined as a condition which:

- is attributable to physical or mental impairments,
- is acquired before the individual is 22 years old,
- is likely to continue indefinitely,
- results in substantial functional limitations in three or more areas of major life activity, and
- reflects the person's need for individually planned and coordinated services and supports of long-term duration.

More than 1,500 people now receive ongoing services from QCP. We provide services for people of all ages, from preschoolers to the elderly; and for all aspects of life, including providing a place to live and work, health care, hygiene and life skills training, education, therapy, vocational training and recreation.

Our services include education, therapy, job training and placement, day programs, advocacy, housing, and many other support services to help people with developmental disabilities lead fuller lives.





CHILDREN'S SERVICES

Since 1950, the Queens Centers of Progress Children's Center has been providing superior services to families in the community. The Children's Center's dedicated and experienced staff provides children with a warm and caring atmosphere that promotes learning, bolsters self-esteem and improves social skills. The large, bright, well-equipped classrooms and recreational areas allow children space to grow and flourish.

The Children's Center offers an array of options for parents of both typically developing (non-disabled) preschoolers and children with disabilities.

PRESCHOOL

For children aged three to five with disabilities, the APPLE (A Preschool for Learning and Enrichment) Program offers a comprehensive array of educational and therapeutic services, including speech, occupational and physical therapy, counseling, and nursing services. Special education teachers, along with clinicians, emphasize cognitive, motor, social, and language skills development. We offer a full day program, and bilingual and integrated classes.

The majority of the children who participate in the APPLE Program will continue on to an inclusionary environment in the public school system.



APPLE TREE PRE-K FOR ALL

Our free APPLE TREE PRE-K FOR ALL for four-year-olds is run in collaboration with the New York City Department of Education. It is part of a statewide program to prepare children for school, by giving them early experiences in a classroom setting with structured activities.

Our school also provides for interaction between children who are disabled and typically developing children. The benefits of such inclusionary experiences for children with disabilities have been well documented. Children who are typically developing get a chance early in life to interact with those who have disabilities and will grow from the experiences.







ADULT DAY & RESIDENTIAL SERVICES

QCP's Day Habilitation programs, based at the Bellerose and Jamaica Centers, are built around person-centered services to promote independent community living skills. Many Day Hab activities take place in the community where individuals learn money handling skills, community safety awareness (including travel), communication, social and recreational skills. We also volunteer in local parks, hospitals, libraries, animal shelters, churches, synagogues, schools, food pantries and senior centers.

Individuals also work on self-improvement and household skills that enable them to be more independent at home. These include personal grooming and hygiene, meal preparation, laundry and other independent living skills.

Photography, videography, horticulture, recreation, pet therapy, cooking classes and sensory awareness are popular activities with our individuals. Some of the artwork and photography have been exhibited throughout New York City. Individuals in our Day Hab programs produce musical reviews that draw many people from outside QCP. There is also a wide range of special annual events that can include Sports Day, Prom Day, Fashion Shows, Singing/Karaoke Shows and International Learning Events.

Our Day Hab activities offer many opportunities for skill acquisition, work readiness, personal growth and exploration of the community. Transportation, including wheelchair accessible vehicles, is available to those who require it.



SERVICES FOR SENIORS

As the people we support age, we realize the importance of special programs for senior citizens with disabilities. The QCP Day Services Department provides recreational and leisure opportunities for individuals who want to retire completely or on a part-time basis. The program is known as the Community Connections Center. The Community Connections Center provides services both in-house and in the community. Inside our main facility, participants can

take part in activities including art, music, cooking, games, photography, retirement planning, advocacy services and health education. Community-based activities include trips to sporting events, museums, local theater and other recreational venues. The Community Connections Center also offers opportunities for seniors with developmental disabilities to attend local senior centers with the support and assistance of trained staff.

RESIDENTIAL SERVICES

QCP opened our first residential facility in 1979 in Jamaica Estates. We now operate six Intermediate Care Facilities (ICFs) and three Individual Residential Alternatives (IRAs), serving the needs of 78 adults with developmental disabilities. Each residence provides a safe, home-like environment, where individuals can increase their daily living skills, relax after returning from daytime activities, and participate in recreational and social activities.

Five of the six ICFs located in Bellerose are designed to meet the needs of people who are non-ambulatory and have severe physical limitations. These residences are furnished with adaptive equipment, which enables maximum independence.

The Robert T. Groh residence, located in Jamaica Estates, serves eight senior citizens with

developmental disabilities. Here, we focus on designing age-appropriate services to meet the needs of the geriatric population. Our IRAs are in various neighborhoods throughout Queens.

Each of our residences is staffed 24 hours a day. Each resident has an individualized treatment plan, developed by an interdisciplinary team, with a full array of clinical and habilitative services available.

Residents attend a variety of programs during the day, some operated by QCP, some provided by other community agencies. Several residents are in QCP's Pre-Vocational Program, others go to the Community Connections Program for seniors, or one of our Day Habilitation Programs.

Recreation is also a significant portion of QCP's residential services. Residents choose to participate in a variety of recreational activities.





ADULT VOCATIONAL SERVICES

COMMUNITY PRE-VOC

Community Pre-Voc helps prepare people with developmental disabilities for employment. Through volunteer sites, QCP staff work with individuals to improve their employment readiness skills.

Queens Centers for Progress volunteers at sites such as food pantries, churches, schools, and other non-profit organizations. We provide assistance at community sites as our volunteers enhance their skills with valuable work experiences.

Some of these skills include clerical, sorting, pricing, cleaning, kitchen skills, food prep, loading/ unloading and packaging. They also explore different types of jobs available as they build social skills, learn how to follow directions, work as a team, and learn safety skills in the community.

QCP staff oversee the people we support to ensure the work is completed up to standards.

CAREERPREP

CareerPrep at the Jamaica Day Program also offers a variety of career training services, such as career exploration, job interview skills, safe travel to work, dressing for work, and acquiring social skills necessary for employment. CareerPrep participants also have the opportunity to practice work related skills at volunteer sites throughout the community.

CareerPrep staff are also available to assist participants in writing job applications, preparing for job interviews, dressing for interviews, and conducting computer based job searches.

In addition to career training skills, CareerPrep staff train in money recognition and value, shopping and cooking nutritious foods, stress reduction, communication, and travel skills.

COMMUNITY-BASED EMPLOYMENT



WorkSource's Supported Employment Program meets the employment needs of area businesses by placing and training individuals whose goal is a job in the community. On-the-job training provides a realistic opportunity to learn positive work behaviors and specific work skills. Our ongoing support services help the individuals meet the changing demands of the workplace.

WorkSource works with two-hundred people who have been placed on jobs in the community, working alongside their non-disabled co-workers, in settings such as department stores, supermarkets, restaurants, and offices.

Individuals referred to WorkSource come to us through various referral sources including ACCESS-VR (Adult Career and Continuing Education Services - Vocational Rehabilitation), and local school districts. After meeting eligibility requirements, the person goes through an assessment to determine their employment-related skills and interests.

When a suitable job site is found, the individual is trained how to travel to and from work. A QCP Job Coach works with the person on the job site until the individual learns the skills necessary to be successful.

After the initial adjustment to the job, WorkSource Job Coaches continue to visit the site to ensure that both the person placed and the employer are satisfied.





SUPPORT SERVICES

Home Equipment and Family Services

QCP can help arrange for a wide variety of adaptive equipment and assistive technology in families' homes. Along with occupational and physical therapists, our carpenter helps construct adaptive furniture and arrange for home modifications, such as rails for bathtubs and toilets to aid with mobility and self-care. Electronic devices can be provided to assist with communication for nonverbal students. In addition, QCP helps families purchase necessary adaptive equipment.

Our staff is knowledgeable about the various forms of insurance, Medicaid, and grant funding available to cover the expenses of the special services needed by children with developmental disabilities.

Other family support projects include assistance with financial demands relating to the special needs of the children, including respite, supplies, recreational programs, etc.

Article 16 Clinic



QCP's Clinic is certified under Article 16 of the New York State mental hygiene law by the Office of People with Developmental Disabilities (OPWDD). It is staffed by experienced, licensed professionals who offer a broad range of assessment and treatment services. Clinic services are available at the Jamaica Center or off-site.

In addition to information and referral, the Clinic's services include:

- Psychological Testing
- Mental Status Evaluation
- Psycho-Sexual Assessment
- Vocational Evaluation
- Social Work Assessment
- Individual and Family Counseling

FAMILY SUPPORT

Families First is a service which provides financial assistance to parents who require help with meeting some financial challenges associated with caring for a family member with a developmental disability. Financial reimbursement is provided for a variety of items and services including but not limited to respite, transportation for medical appointments, after school programs, summer camps, non-covered medical supplies, adapted equipment, etc.

Through our Home Equipment Program, families of children with physical disabilities may receive evaluations in the home setting or at our Center, performed by occupational and/or physical therapists. These evaluations help determine the need for special equipment, and/or simple home modifications that can be used to improve the child's independence, and assist

families with daily care. Recommended equipment can then be provided, often free of charge, for items that cannot be funded through any other source. Often the items are individually designed for the child, and may be modified, as the child grows, by a member of our team.

For adults, Family Support provides funding for a range of services to people who currently are not able to access Medicaid, SSI, or other resources. These services can include:

- Securing Medicaid, SSI, NYC housing assistance, US citizenship applications,

- Evaluations needed to apply for OPWDD services,

- Assist in purchase of goods and services needed in the home, or for respite services,

- Referrals for clinical assessments, school placement, or adult day programs.



COMMUNITY HABILITATION

Community Habilitation is “hands-on” training in an individual's home and community. Our staff, who are selected for their sensitivity and skill in identifying realistic goals and outcomes, believe that learning happens best in comfortable and supportive environments.

Community habilitation services train individuals with developmental disabilities to perform household chores, daily hygiene and grooming, learn about personal health care, and explore new experiences. We help people develop skills in the areas of travel and mobility, financial management, social behaviors, and other daily activities.

These services can be provided in the person's home or in a variety of settings in order to facilitate social skills development and community integration.

With our help, individuals with

developmental disabilities can become more independent in many aspects of their lives as well as reach their maximum potential.

FRIDAY NIGHT SOCIAL

On Friday nights, QCP opens its doors to more than 300 people who come to meet their friends, socialize, and dance. Those attending include not only people served by QCP, but also individuals served by many other agencies in Queens. Our Friday night recreation program has developed a well-deserved reputation as the place to be at the start of the weekend.



DONATIONS

MAKE A DONATION

COUNT ME IN! I want to help by providing a person with a disability the chance to learn, communicate and be more independent. I would also like to help improve the quality of life for individuals that benefit from Queens Centers for Progress' programs.

Corporate and foundation grants and individual contributions have been a source of support since our inception in 1950. We are grateful to those who have generously supported us in the past.

EVERY GIFT COUNTS - Large or small- will help us obtain needed equipment and defray costs of educational and therapeutic services for children and adults with disabilities. Please choose how you would like to make your donation.

ONLINE Visit our website at www.queenscp.org

BY MAIL Make a check payable to Queens Centers for Progress and mail to: 81-15 164th Street, Jamaica, NY 11432

BY PHONE Call 718-380-3000, Ext. 324



TOGETHER, WE CAN MAKE A DIFFERENCE

At Queens Centers for Progress, the development of the individual is at the core of our agency. QCP believes that the individuals who attend our programs can make meaningful choices about their lives and can make real progress toward greater independence and integration into the community. Each person in our program deserves the chance for a bright future and every parent should experience the joy of seeing their children grow to be the best they can.

You can be part of something wonderful - helping make a difference in the lives of children and adults with developmental disabilities. The individuals in our programs receive a comprehensive array of services, however, some assistive devices are not covered by New York State, therefore, your support helps us obtain needed equipment and helps to defray the costs of educational and therapeutic services. We are proud to say that ninety two cents of every dollar donated goes directly to our programs. Community support helps make the hopes, dreams and wishes into a reality for those who depend on Queens Centers for Progress.

You can help us continue to make a difference by contributing a gift of cash, stock or real estate or by volunteering at one of the QCP Centers. Community support helps make the hopes, dreams and wishes into a reality for those who depend on QCP.

A GIFT TO THE FUTURE: TRUSTS AND BEQUESTS

To ensure that the vital services highlighted in this brochure can continue, we ask that you think about a living trust or other bequest. Through planned giving and bequests, it is possible for donors to meet their individual needs while at the same time helping a charitable organization in which they believe in. Many donors find that deferred gifts to QCP can provide valuable current tax benefits while at the same time maximizing estate assets passed on to their heirs.

Plans can be designed with a number of flexible options.

A Charitable Remainder Trust provides various lifetime benefits:

- Donating property to a charitable remainder trust removes it from your estate for estate tax purposes.
- The charitable remainder trust pays no capital gains on the sale of the assets in the trust, if properly structured.
- A bequest enables you to simply name QCP as a beneficiary in your will. A bequest may consist of cash, securities, real property, or all or a percentage of residuary estate. It may also consist of a trust set up through your will.

Queens Centers for Progress recommends that you consult a legal or financial advisor in preparing a planned gift. Planned giving is a very important way that Queens Centers for Progress receives funds to support its work with children and adults with disabilities. Your gift can truly make a difference.

To request information about structuring a gift to Queens Centers for Progress, please contact our Development Department at 718-380-3000, Ext. 324.



Services for People with Developmental Disabilities

ADULT CENTER

81-15 164th Street
Jamaica, NY 11432
Tel (718) 380-3000
Fax (718) 380-0483

CHILDREN'S CENTER

82-25 164th Street
Jamaica, NY 11432
Tel (718) 374-0002
Fax (718) 380-3214

BELLEROSE CENTER

249-16 Grand Central Parkway
Bellerose, NY 11426
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