

Mission

The Benefits are Endless...

Our Mission is to provide individuals with intellectual disabilities opportunities to acquire skills that enable them to participate in leisure experiences of their choice and enhance their abilities to function within a community setting.

Leisure programs and opportunities help to improve quality of life as well as develop and implement a healthy, balanced leisure lifestyle. TLC/STEP offers opportunities for individuals to socialize and participate together in a variety of environments and activities. TLC encourages individuals of all abilities to participate in a recreational activity together in an attempt to decrease barriers by utilizing adaptations and other accommodations.

"Not all leisure experiences in community settings need to be successful, but the privilege to achieve or fail is part of a learning process that far too long has been denied individuals with disabilities."

Stuart J. Schlein & M. Tipton Ray



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T L C

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Therapeutic Learning Connections

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**T L C & STEP
At
DDRC**

**Therapeutic
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T L C

T L C provides group supervision in an innovative and exciting setting that provides opportunities for people with intellectual disabilities. Individuals may choose activities that enhance an appropriate lifestyle, reinforce skill development and increase knowledge of community options. Classes, sports, games, community experiences, Special Olympics, daytime/night/weekend offerings, and senior alternatives are just a few of the many choices available. Volunteering is also encouraged, in a variety of ways, including joining a walking club that participates in community fund raising events. In addition, T L C offers a program on Fridays (TGIF) for a smaller group of individuals that want to enhance the development of socialization skills, participate and take advantage of special events, field trips, craft and exercise classes.

STEP- Community Access Program

Since 2004, the STEP Program has been providing one on one and one on two access to the community for individuals residing in DDRC and approved service agency group homes. Through the STEP program individuals can discover new interests, talents, and abilities, or have fun participating in old favorites. Individuals may participate in a variety of events that enhance their lifestyle, reinforce skill development and increase knowledge of community options. STEP provides transportation to their activities which can include classes, tours, senior programs, exercise programs, Special Olympics and many other community based experiences.

Community Experiences

This area includes special events and field trips. Special events may be plays, fishing, horseback riding, concerts, and professional sports. Educational and cultural events are highlights of the field trips. Traditional options are a pumpkin farm, Parade of Lights, the National Western Stock Show and Rodeo, Elitch Gardens, picnics and dinner-dances. Seeing new sights, meeting people, and enjoying interaction with peers make this an exciting program to participate in.

Sports/Games/Classes

Many non-competitive sports and classes are available. These include cycling, miniature golf, low-impact exercise, aquatics and fit ball. Popular outdoor activities offered are snowshoeing, walking, picnics, gardening, hiking, pontoon and hay rides. Individuals preferring less strenuous choices may select arts and crafts, cooking classes, table games, observing sporting events, or musical options.

Daytime Opportunities

Individuals who work evenings and on weekends find this program beneficial. Group supervised events are scheduled each month by participants and staff. Events include dining out, fitness, sports, classes and a variety of community experiences.

Senior Program

The special needs of individuals 50 years of age or older with intellectual disabilities are spotlighted here. Participants learn about existing senior programs in their communities and other ways to enjoy leisure time rather than working full-time. They may choose from swimming, exercise classes, bowling, tours of community facilities, concerts, plays, movies, attending sporting events, luncheons and other social functions.

Special Olympics

This world acclaimed program provides year-round training and athletic competition in a variety of well-coached, Olympic-type events. It's unique in that athletes compete according to ability, gender and age. T L C offers bowling, basketball, bocce ball, alpine skiing, aquatics, volleyball, softball, flag football, track and field and soccer. The Special Olympics Unified Sports Program is another option and consists of five team sports with each competing team having an equal number of athletes with intellectual disabilities and athletes without disabilities.



Therapeutic Learning Connections

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