



COMMUNITY ALTERNATIVES ,INC.

Providing Person-Centered Services to Improve the
Quality of Life of Individuals and Families



Providing High Quality Person-Centered Services

At Community Alternatives, Inc., we strive every day to enhance the quality of life of persons with intellectual and developmental disabilities, as well as those diagnosed with mental health issues. We recognize the unique and valuable contributions these individuals can bring to their communities, and through our wide range of services, we seek to empower them not only through abundant compassion and care, but also through an environment of mutual respect.

It is our mission to work together with individuals and their families, as well as our valued partners throughout Hampton Roads, to create a more inclusive community in which our consumers can enjoy active, rewarding lives and reach their full potential. We provide programs including day support, residential support and in-home support in locations throughout the Hampton Roads area of Virginia.





Intellectual & Developmental Disability Services

Services Offered In Virginia

Community

ALTERNATIVES



Featured Services

*Opportunities Unlimited Day Support
Residential Services
In-Home/Supportive Living Services
Employment Services*



Opportunities Unlimited Day Support Program(OUDP)

Our support program offers community based experiences and person-centered services to adults with intellectual disabilities. OUDP's services and supports assist individuals in actively participating in both skill building and engaging community activities. Our program is conveniently located in Virginia Beach and Norfolk, Virginia, both serving approximately 50 individuals with a maximum cap of 70.

Hours of Operation: Monday -Friday 8:00am to 3:00pm

Locations: 5735 Poplar Hall Drive Norfolk,VA 23502

2800 Crusader Circle Virginia Beach,VA 23453

Intellectual & Developmental Disability Services

Building our Community through Volunteering

- Meals on Wheels
- Salvation Army
- Norfolk Zoo
- Food Pantry

We also engage in recreational and physical activities

- Tabletop games
- Arts & Crafts
- Exercise Activities
- Outdoor Activities

Daily routines are not forgotten, our team provides person-centered care, while at the program.

- Medication Administration
- Meal Prep
- Health & Safety

Developing Skills to Achieve Outcomes

- Fine & Gross Motor Skills
- Increasing Independence through community coaching
- Increasing health, safety and environmental awareness

Intellectual and Developmental Disability Services

Residential Services

CAI's residential program offers individuals with mild, moderate and severe intellectual disabilities permanent community living within a warm and nurturing environment. Each home is staffed 24/7 by well trained staff utilizing person-centered approaches to care and these staff work to assist individuals in daily living skills, developing and attaining life goals and accessing community services. Our homes are located throughout the Hampton Roads area of Virginia.

In-Home Services



CAI's In-Home services offer individuals and families customized levels of support within their homes. Our staff offers assistance and coaching to enable families to remain intact and assist individuals in maintaining their desired level of independence. These services are offered in Hampton Roads and the Upper Peninsula region.

Intellectual & Developmental Disability Services

Employment Services

Employment Services which provide individuals a chance gain the benefits of employment in a variety of settings and varying levels of assistance from staff utilizing a person centered approach; and Government Contracts which provide food service positions on the Little Creek and Ft. Story bases. Key among our programs is Beach Packaging which provides disabled individuals work in a production-line environment packaging materials for a number of private companies including Stihl, Inc. CAI provides vocational services for over 100 individuals throughout the Hampton Roads area.





Purpose

The purpose of our programs is to support choice and inclusion for individuals with disabilities:

- Achieve his or her goal
- Engage in community activities
- Seek employment or volunteer opportunities
- Skill development
- Enhance overall quality of life

A History of Dedication and Commitment

For over three decades, Community Alternatives, Inc. has offered person-centered services to families, children and adults. Through our nationally accredited (CARF) service operations we provide quality care to individuals with severe disabilities including intellectual disabilities, mental illness, physical disabilities and substance abuse issues. It is our commitment to build on our years of service and to be a stable, reliable organization for those that rely on us.

We Are Here to Help

Program Eligibility

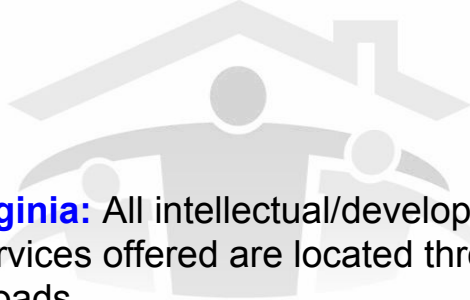
Day Support Program- Wavier-funded Services, an individual must have a diagnosis of an intellectual disability and/or a mental health condition. A psychological test is required. Must be at least 18 years or older.

In-Home/ Supported Living - Wavier-funded Services, the individual must have a diagnosis of an intellectual disability and/or other disabilities. A psychological test is required or proof of disability. Program referrals must be 5 years of age or older.

Residential- Wavier-funded Services, an individual must have a diagnosis of an intellectual disability and/or a mental health condition. A psychological test is required. Must be at least 18 years or older.

Employment Services- Wavier-funded Services, must have a diagnosis of an intellectual disability and/or other disabilities. A psychological test is required or proof of disability. Program referrals must be 18 years of age or older.

Non-Wavier vocational services, must have a significant disability that impairs their ability to seek and maintain employment. Documentation of that disability, signed by a physician, must be present. Program referrals must be 18 years of age or older



Norfolk, Virginia: All intellectual/developmental disability services offered are located throughout Hampton Roads
Contact: (757) 468-7000

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