



LIFE SERVICES ALTERNATIVES

Creating Home, Changing Lives

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LIFE SERVICES ALTERNATIVES

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ABOUT LSA

Life Services Alternatives believes all people with developmental disabilities have the right to live life to its fullest in our community. Twenty-four hours a day, we care for and support adults with special needs in neighborhood homes in Santa Clara County. Through personalized programs focused on skill-building, we make a difference in the quality of our residents' lives, enabling them to reach their true potential.

MISSION

Life Services Alternatives is a community care provider that provides exceptional community living and programs for adults with developmental disabilities.

VISION

Life Services Alternatives believes all people with developmental disabilities have the right to live life to its fullest in our community.

THE HISTORY OF LSA

Life Services Alternatives was founded by parents who had a dream of establishing homes for their adult children with special needs.

In 2002, LSA began a journey to establish quality homes and nurturing services so that adults with developmental disabilities - including those with enduring medical needs - could receive life-long services while living in a community, not an institution.

Since that time, LSA has grown to fourteen homes, in four cities in Santa Clara County. In addition, we have in-home day programs and a Community Integration Training Program which includes life skills training, meaningful and integrated community activities, and volunteer opportunities.



OUR HOMES

We create homes that provide a warm family-like environment where the focus centers on encouraging each client's personal growth, building community and enjoying life. Residents participate in a variety of activities in the areas of health, music, art, cooking, and more. LSA also utilizes specialists such as dietitians, recreational therapists, and other professionals to help develop positive social skills and promote a healthy lifestyle. LSA manages and operates 14 licensed, residential care homes in neighborhood settings in Santa Clara County.



WANT TO LEARN MORE?

Email us at info@lsahomes.org

OUR PROGRAMS

EXCEPTIONAL PROGRAMS TO ENHANCE HEALTH & DEVELOP SKILLS

We provide two types of day programs:

1. An optional in-home day program.
2. A community-based day program, which is independent of our residential homes.

Our programs are tailored to the individual needs and goals of each participant and offer the opportunity to:

- Learn various life-enhancing skills
- Participate in stimulating activities
- Gain more independence
- Have a sense of control over their own lives
- Achieve greater self-esteem

IN-HOME DAY PROGRAM

These programs provide customized, daily recreational, physical and educational activities focused on personal goals for residents in our homes. LSA residents have the option to participate in the in-home program or attend another community program of their choice. For residents whose health and support needs prohibit them from attending an external program, mental stimulation and physical exercise are provided so they can develop skills and maintain their health. Specialized consultants such as a dietitians, psychologists, or physical therapists are also utilized to support residents in achieving their goals.

OUTSIDE-THE-HOME DAY PROGRAM

These programs provides life skills training and stimulating community-based activities that help participants achieve positive self-esteem, independence, and a greater sense of control over their own lives. Open to qualified adults with special needs, our Community Integration Training Program (CITP) provides meaningful volunteer opportunities for participants to develop vocational skills. Offering a 1:3 staffing ratio, or 1:1 if needed, CITP provides highly personalized support. The goal is for participants to become more independent and for some, even to gain paid employment. The program operates year-round, provides a structured five-hour day, is available on weekdays and can be tailored to fit the needs of the participant.

WANT TO LEARN MORE?

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HOW WE DO IT

Our first step to creating an LSA home is purchasing a house! Our homes house 4-6 individuals, and each resident has their own bedroom, so we search Santa Clara County for a large home in a welcoming, safe neighborhood. It's important our residents enjoy a sense of community while also maintaining the privacy they need to thrive.

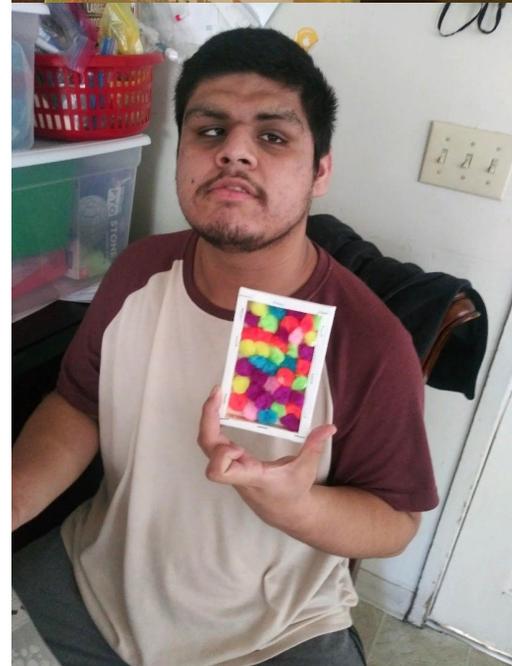
Once we have our house, renovations are often needed to make it a comfortable and accessible home for residents. It's very important residents can move about their home with ease. As part of the renovation, we look at opportunities to open up the living space and upgrade existing infrastructure.

Still, our houses are not homes until our residents can move in with all the amenities they expect in a home – a comfortable bed, furnishings and everything else needed to create a welcoming environment. Each resident has their own room to personalize and make their own.

Our staff complete the homes for our residents. We place a great deal of energy into screening, hiring and training the 15-20 care providers in each home that are with our residents 24/7. We're proud that our staff embrace the inclusive environment LSA families have come to expect with the absolute best care.

LEARN MORE ON HOW TO HELP

Email us at info@lsahomes.org



THANK YOU

Dear Family and Friends,

We are delighted for your interest in Life Services Alternatives, where we serve the developmentally disabled community. Please allow me to welcome you and tell you a little more about Life Services Alternatives (LSA).

LSA was founded in Santa Clara by parents who had a dream of establishing homes for their adult children with special needs. In 2002, LSA began a journey to establish quality homes and nurturing services so that adults with developmental disabilities – including those with enduring medical needs – could receive life-long services while living in a community, not an institution.

LSA believes all people with developmental disabilities have the right to live life to its fullest in our community. Twenty-four hours a day, we care for and support adults with special needs in neighborhood homes in Santa Clara County. Through personalized programs focused on skill-building, we make a difference in the quality of our residents' lives, enabling them to reach their true potential.

We look forward to our time together!

Best Wishes,



Dana Hooper
Executive Director
Life Services Alternatives

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