



## Community Living

### How ACS is Helping Ken Experience a Full Life

Community Living programs support adults with developmental disabilities. These programs encourage the development of basic life and social skills through meaningful community involvement.

When Ken first came to ACS Community Living four years ago, he was in a private home with care givers. He had no social outlets, no real social skills, and was literally unable to look at you if you spoke to him. The extent of his life experience was sitting at home, knitting and watching television.

Now Ken spends three days a week in the Community Living Discovery program. While he is challenging to understand— his verbal skills are very limited —there is no mistaking his quick smile and his enthusiasm for life.

The differences between Ken four years ago and today are dramatic. Ken has become a ball of energy and is experiencing a much fuller life.

He has friends, he is very social and willingly participates in hiking, swimming, Core-Club training and computer programs.

He volunteers at the ACS Food Bank one day per week. Recently, Ken began a paid employment position at the Abbotsford Recycling Depot.

Thanks to the ACS Discovery Program, Ken's days are full. He feels connected to his community and he wants to get out and experience everything he can. ACS is here to help him do just that.

Currently 127 adults are supported annually in experiencing normal daily living by strengthening basic life skills in three different Community Living Programs.

[For a detailed listing of all Community Living Programs](#), please refer to 'Programs at a Glance' on pages 25-26.