

Where Care Starts..



Featured Participant – Jahkai Pina

Jahkai's Journey : Celebrating Small Wins and Big Steps

This month, we're shining a light on Jahkai, who has been with us since 2021. He brings his unique energy and interests to our services every day. Jahkai is non-verbal, but his personality and preferences speak volumes!

Jahkai's daily routine is structured to encourage movement and active participation, and we continue to explore fun and motivating ways to support his engagement and physical activity. Jahkai's journey is supported through a person-centered approach, ensuring that he receives the care and encouragement tailored to his unique needs and preferences.

Though Jahkai is selective in the activities he participates in, we've seen a positive shift in his engagement, and we're proud of the progress he's made. His willingness to try new things, even at his own pace, shows his resilience and growing confidence.

One of Jahkai's favorite parts of his routine is going for walks and drives. He loves strolling through the park, taking in the sights and sounds of nature, and is especially fond of beach walks, where he can enjoy the calming rhythm of the waves. His love for exploring new sites and surroundings has not only brought joy to his day but has also been an important part of his physical activity regimen, helping him stay active and maintain a healthy weight.

As someone who enjoys food, Jahkai has a special fondness for chicken in any form, which is a good source of protein for him.

It's been wonderful to see Jahkai show interest in activities. He is able to engage positively for short periods of time, and we continue to support him as he participates in activities that resonate with him. His journey is a reminder that progress is not always measured in big leaps but in consistent, meaningful steps.



The Importance of Routine & Consistency in Disability Support

Routine and consistency are essential for providing security and promoting well-being in participants. A predictable environment helps them engage confidently in daily activities. Here are some key benefits:

- **Reduces Anxiety:** Predictable routines provide security and reduce stress.
- **Improves Communication:** Consistency in communication methods helps individuals express needs more effectively.
- **Fosters Independence:** Routine enables active participation and boosts confidence.
- **Supports Emotional Well-Being:** Structure promotes stability and reduces frustration.
- **Builds Trust:** Familiar routines strengthen relationships and trust with caregivers.

Staff Spotlight:



Meet
Legal
Active Support Staff

We are proud to highlight the exceptional work of Legal, one of our dedicated Active Support Staff, who consistently goes above and beyond to ensure the well-being and support of our participants. His commitment to providing outstanding care remains unwavering, even in the face of challenging behaviors. Let's get to know him -

- Describe yourself in one word:
■ **Energetic**
- What Sports did you play growing up?
■ **Soccer**
- Who is your biggest inspiration in life?
■ **My Mother**
- What do people notice most about you?
■ **Smiling face and my height**

Legal's patience, understanding, and expertise shine through as he takes the time to connect with each individual, fostering an environment of trust, respect, and stability. We are grateful for his ongoing contribution and proud to have him as part of our team.



Emotional Regulation and Adaptability for Non-Verbal Communication

For individuals who communicate non-verbally, emotional regulation and adaptability are essential for navigating their environments and expressing their needs. Here are some strategies that can help empower them to manage emotions effectively:

- **Visual Aids for Feelings:**
Emotion cards or color charts help non-verbal individuals express feelings without words.
- **Calming Techniques:**
Simple exercises like deep breathing or squeezing a soft toy can ease stress.
- **Non-Verbal Cues for Needs:**
Hand signals or color signs help communicate needs like taking a break.
- **Routine and Small Changes:**
Consistent routines offer comfort, while gradual changes build adaptability.
- **Sensory Supports:**
Tools like fidget toys or noise-canceling headphones help with self-regulation in different environments.

These strategies empower non-verbal individuals to express, manage, and adapt to their emotions effectively.