

# Community Based Day Program Checklist

## What is the program’s mission and philosophy?

- Is it focused on independence, community integration, or specialized care?

☐ Yes

☐ No
- Does it align with your child’s needs and values?

☐ Yes

☐ No

## What are the staff-to-participant ratios?

- How many clients are assigned to each staff member? \_\_\_\_\_
- A lower ratio often means more individualized attention, which can be crucial.

## What types of activities are offered?

- Ask for a sample schedule or activity list (arts and crafts, vocational training, field trips, etc.)
- Are the activities designed to foster both personal growth and fun?

☐ Yes

☐ No
- Does the program promote skill-building, socialization, and community involvement?

☐ Yes

☐ No

## Support and Services

- What supports are in place for individuals with higher care needs? \_\_\_\_\_
- Is the program equipped to handle individuals with physical or behavioral challenges?

☐ Yes

☐ No
- Does it offer medical support if needed (e.g., for seizure management,)?

☐ Yes

☐ No

## How does the program address individualized care plans?

- Does the program work with families to create personalized plans based on your child’s strengths and needs?

☐ Yes

☐ No
- How often are these plans reviewed and updated?

☐ Yes

☐ No

## What is the staff training like?

- Are staff trained in disability awareness, behavior management, and communication strategies?

☐ Yes

☐ No
- Are staff trained in working with individuals on the autism spectrum?

☐ Yes

☐ No

## Logistics and Practical Considerations

- Is the program easily accessible (via public transportation, or is there transportation assistance)?

☐ Yes

☐ No
- How close is it to your home, and is it convenient for your schedule? \_\_\_\_\_

## Program Hours & Flexibility:

- What are the program’s hours, and is there any flexibility if your child needs a different schedule? \_\_\_\_\_

☐ Yes

☐ No
- Can they attend part-time or full-time?

☐ Yes

☐ No

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## Cost and Funding:

What is the cost of the program, and is it covered by Medicaid or private insurance? \_\_\_\_\_

Does the program offer sliding fees or other financial assistance? ☐ Yes ☐ No

If not covered by insurance, explore available funding options (e.g., grants, trusts, waivers).

## Community Integration & Socialization

How does the program integrate participants into the community? \_\_\_\_\_

Are participants involved in community events or have opportunities to socialize outside the program (e.g., field trips, volunteer work)? ☐ Yes ☐ No

Does the program offer opportunities for work-based learning, internships, or job shadowing? ☐ Yes ☐ No

## How are social skills developed and supported?

Does the program include socialization activities like group games or outings? ☐ Yes ☐ No

Are there peer mentor programs or ways for your child to interact with others outside of the program? ☐ Yes ☐ No

## Program Evaluation and Family Communication

How does the program communicate with families?

Will you receive regular updates on your child’s progress (e.g., written reports, phone calls, or meetings)? ☐ Yes ☐ No

Is there an open-door policy for family members to visit or check in? ☐ Yes ☐ No

## How are emergencies or crises handled?

What is the procedure if your child has a medical emergency or behavioral crisis? \_\_\_\_\_

Does the program have staff trained in first aid and crisis intervention? ☐ Yes ☐ No

## Final Thoughts and Red Flags

What is the turnover rate for staff? \_\_\_\_\_

Is there a trial period? ☐ Yes ☐ No

Can your child attend the program on a trial basis to see if it is a good fit? ☐ Yes ☐ No

Do participants seem happy? ☐ Yes ☐ No

Pay attention to the mood of the participants: Are they engaged, smiling, and interacting with each other? ☐ Yes ☐ No