


Day Habilitation Program Checklist



What is the program’s mission and philosophy?

Is it focused on skill-building, therapeutic support, or routine-based care?


☐ Yes

☐ No

Does it align with your child’s developmental and medical needs?

☐ Yes

☐ No



What are the staff-to-participant ratios?

How many clients are assigned to each staff member?

Are there separate ratios for general care and medical needs?

☐ Yes

☐ No



What does a typical day look like?

Do you have an anti-corruption policy?

☐ Yes

☐ No

Are your operations audited regularly?

☐ Yes

☐ No

Do you have a grievance/complaint mechanism?

☐ Yes

☐ No



How are participants grouped?

Are individuals grouped by age, ability, communication style, or support needs?

How flexible is the program in accommodating different levels of independence?



Support and Services

What medical supports are available?

Is there a nurse on-site full time?

☐ Yes

☐ No

Can they manage medications, tube feedings, seizure protocols, etc.?

☐ Yes

☐ No



What therapeutic services are offered on-site?

Are PT, OT, speech, or behavioral services integrated into the daily routine?

☐ Yes

☐ No

Are outside therapists allowed to come in if needed?

☐ Yes

☐ No



How are Individualized Service Plans (ISPs) developed and updated?

Are families included in the goal-setting process?

☐ Yes

☐ No

How frequently are progress and goals reviewed?



What staff training is required?

Are staff trained in CPR, first aid, de-escalation techniques, and disability-specific strategies?

☐ Yes

☐ No

Is there ongoing professional development?

☐ Yes

☐ No

Bootcamp for the Brave

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Logistics and Practical Considerations

- Is the building fully accessible (e.g., ramps, elevators, wide doorways)?
- ☐ Yes☐ No
- Is it near your home or does the agency provide transportation?
- ☐ Yes☐ No



Cost and Coverage:

- Is the program covered by Medicaid waivers?
- ☐ Yes☐ No
- Are there any out-of-pocket costs?
- ☐ Yes☐ No
- Are additional services (like therapies) billed separately?
- ☐ Yes☐ No



Program Hours & Flexibility:

- What are the standard program hours? _____
- Are part-time schedules or individualized hours available?
- ☐ Yes☐ No
- Is after-care an option if needed?
- ☐ Yes☐ No



Socialization and Life Skills

- How are social skills developed? Are there group activities or peer mentoring? _____
- _____
- How does the program support communication (e.g., AAC devices, visual aids)? _____
- _____



Is there any community interaction?

- While Day Habs focus more on center-based activities, are there occasional outings?
- ☐ Yes☐ No
- Are life skills like hygiene, cooking, or money handling part of the curriculum?
- ☐ Yes☐ No



Is sensory input and regulation addressed?

- Is there a quiet space or sensory room?
- ☐ Yes☐ No
- Are calming tools or strategies used for overstimulation?
- ☐ Yes☐ No



Family Communication and Emergency Preparedness

- Will you receive regular updates about your child’s progress or behavior?
- ☐ Yes☐ No
- Is there an open-door policy or regular family check-ins?
- ☐ Yes☐ No



How are medical or behavioral emergencies handled?

- What is the plan for seizures, elopement, or behavioral escalations? _____
- Are staff certified and confident in emergency protocols?
- ☐ Yes☐ No

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Final Thoughts and Red Flags

What is the staff turnover rate? _____

Consistent staffing creates better relationships and outcomes.

Are trial days available?

☐ Yes

☐ No

Can your child spend a day or two at the program before committing?

☐ Yes

☐ No

Do the participants seem engaged and content?

☐ Yes

☐ No

Watch how the staff interacts with individuals. Are they respectful, warm, and professional?

☐ Yes

☐ No



Gut Check?

Does the atmosphere feel calm, structured, and safe?

☐ Yes

☐ No

Did you leave feeling confident or concerned?

☐ Yes

☐ No