

Specialized Habilitation Program

Specialized habilitation can help individuals create healthy relationships, adapt to challenges, and improve overall quality-of-life. Specialized habilitation offers teaching and training to learn or maintain skills in various areas that include but are not limited to: **self-empowerment, safety awareness and self-advocacy, interpersonal skills and effective communication, coping strategies regarding typical life challenges and learning how to manage daily tasks to gain adaptive skills**

Some examples of Specialized Habilitation look like:

- **Building self-esteem and confidence**
- **Developing strengths and weaknesses to handle daily problems**
- **Safely using social media or the internet**
- **Receiving sexual education to promote healthy personal relationships**
- **Learning how to problem-solve situations involving inappropriate peer pressure**
- **Developing other social skills necessary to maximize integration into the community and/or home environment**
- **How to handle missing the bus**
- **Getting used to a new caregiver or medical professional, roommate or other staff**
- **Learning how to use a vending machine or other nontraditional shopping method, or**
- **Ordering food in a restaurant, online or via phone**

