



### Examples of a day at Community Life

- Presentations by the Bangor Police Department on safety issues
- Communication group
- Volunteering at the American Folk Festival
- Physical fitness with friends
- Men's group
- Women's group
- Nutrition and cooking
- Attend live performances
- Learning how to make and keep appointments



*“The thing I like most about Amicus Community Life is spending time with friends.”*  
**Caitlyn**

*“The thing I like most about Amicus Community Life is that the staff is very helpful, caring, and friendly. They help me with whatever I need to do. They help me budget my money. They help me communicate better with people.”*

**Steve N.**

## Community Life at Amicus



Two flexible, creative programs for people with disabilities, including autism, leading to increased independence at home and in the community.

**Amicus Community Life**  
**Community Skills | Home Supports**  
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Amicus is a 501(c)(3) corporation

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 quietly making a difference

# Community Skills

## Home Supports



**We** believe in  
*living an active, fulfilling,  
healthy life with friends,  
challenging goals, and  
maximum independence.*

*“In the amount of time that (our son) has been at program he has come so far. It is so nice to see all the different things that he is doing now that he didn’t in the past. He is just unbelievable. He is so excited and proud of all the different things he is doing now. I just love the phone calls from him. Thank you and your staff for everything you do.”*

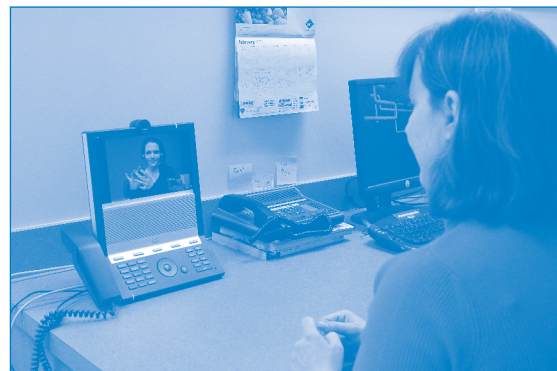
*Cindy and Gary Burke, parents*

### COMMUNITY SKILLS

Community Skills is an active, community oriented program that is responsive to the choices made by program participants. From sign language and communication classes open to staff and consumers to a snowshoe expedition, learning is taking place on all fronts.

#### ACTIVITIES FALL INTO THE FOLLOWING BROAD CATEGORIES:

- Volunteering
- Learning about the community
- Health and Physical Fitness
- Safety
- Making and Keeping Friends
- Improved Communication
- The Use of Leisure Time



*Community Life is uniquely capable of communicating in American Sign Language, Visual Gestural language, and other innovative and practical methods.*

### HOME SUPPORTS

This program targets the specific areas to be enhanced and skills to be developed in order to function with maximum independence. Some individuals live in their own home or apartment, and others live with family or with friends. Activities may take place in the home or in the community with the goal of supporting independent living.

#### SOME TYPICAL AREAS OF FOCUS:

- Nutrition and Meal Preparation
- Home Organization and Maintenance
- Shopping and Money Management
- Safety Awareness
- Social skills and Good Grooming

#### ***Physical Fitness is important at Community Life***

Special Olympics has many benefits including improved health, working as a team, learning to try something new, and to improve through practice and effort.

