



about ncc



National Children’s Center, Inc. (NCC) was founded in 1957 by families concerned about the lack of community-based services for children with developmental disabilities. As our first students matured, we opened adult programs to meet their growing needs.

NCC has a long history of providing quality therapeutic day services for adults with developmental disabilities. As a leader in the field, we opened our Adult Day Program in the District of Columbia in the 1970s. Together with our Residential Program, our Adult Day Program gave people with developmental disabilities and their families an alternative to institutionalization at a time when they had few other options.

Soon after the opening of our Adult Day Program, we incorporated vocational training into the daily services offered for men and women with developmental disabilities. Because daily living and vocational skills are best learned in integrated community settings, we expanded our Adult Day Program in 2001 to include unique community-based services. In 2005, we opened Employment Options to provide opportunities for specialized job training and paid employment in integrated work environments.

Every day at NCC, we serve more than 600 children and adults with developmental disabilities. NCC includes the human services agency and The Value Village Project, a local chain of thrift stores that provides critical funding for our programs.

**our mission** is to provide a lifetime of opportunities for people in our community with developmental disabilities to live full, meaningful and productive lives.

**our vision** is that people with developmental disabilities will have every resource to learn, grow, live and thrive in our community, which fully includes and embraces them as valued and contributing members.

**our programs** include early intervention, school, employment, residential and adult day.

**our values** are quality services, ethical practices, fiduciary integrity, diversity, respect, dignity and self-determination.

daily therapeutic opportunities for adults with developmental disabilities



ncc

NATIONAL CHILDREN’S CENTER, INC



ncc

a lifetime of opportunities for people with developmental disabilities

NCC Adult Day Program

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## our services

Our clients benefit from the following services:

- Individual Service Plan development and implementation
- Multidisciplinary team approach and service coordination
- Medical, nursing and nutrition services
- Social, daily living and independent living skills training
- Sign language and other alternatives to speech
- Expressive arts
- Physical fitness and education
- Functional academics
- Activities such as music, dance, arts and crafts, bowling and games
- Fine and gross motor skills development
- Family training and supports and other social work services
- Sensory stimulation
- Regular community outings and opportunities for social interactions
- Vocational training and volunteer experiences
- Transportation to our program, community outings and medical appointments

## who we serve

Our Adult Day Program provides daily therapeutic and vocational services for more than 130 men and women, ages 21 to 70+ years, with multiple and complex developmental disabilities. Some of our participants reside in apartments or group homes managed by NCC or other nonprofits, while others reside with their families. Most are referred through the District of Columbia Mental Retardation and Developmental Disabilities Administration.

“Developmental disabilities” include mental retardation, autism, Down syndrome, hearing and visual impairments, emotional disturbance, cerebral palsy and brain injuries.

Some people are born with developmental disabilities while others develop them as a result of illness, accident, abuse or neglect. Sometimes, the cause is never known.

At NCC, our services and levels of supports are tailored to the specific needs of each person. Some adults require intensive, 24-hour care, and others can live more independently with proper supports. Many of the people we serve will require services throughout their lives, and our services are designed to meet their every need, each step of the way.

## adult day program

NCC’s Adult Day Program ensures that men and women with multiple and complex developmental disabilities achieve greater independence, personal choice, self-awareness, health and community inclusion.

NCC employs a staff of highly qualified and trained professionals. Instructors, vocational counselors, psychologists, employment specialists, social workers, speech pathologists, recreation specialists, nutritionists, physicians and nurses work as a team to provide comprehensive services. Psychiatrists, neurologists and other medical specialists are consulted as needed.

From our site in Takoma Park, Washington, DC, our Adult Day Program participants build critical skills through structured individual and group activities. Sign language and other alternatives to speech, expressive arts, physical fitness, socialization, adaptive living and functional academics increase abilities and functioning. On-site music and dance activities promote creativity and self-expression.

Sensory stimulation activities utilize state-of-the-art equipment (e.g., therapy chairs, fiber optic lights, mirror

balls, color wheels, tactile pillows), aromatherapy and relaxing music to stimulate the senses, promote mental functioning and allow participants to control their own sensory environment.

Participants are evaluated on a regular basis to assess needs and progress in achieving personal goals. Classes build life skills such as preparing nutritious meals, maintaining good personal hygiene and developing social skills. The men and women in our program develop meaningful relationships with one another and others in the community. Excursions to libraries, restaurants, parks and other local venues are as fun as they are therapeutic.

Our Adult Day Program is unique in that it has a community-based component. With the support of NCC staff, many participants volunteer with local nonprofit organizations. Volunteering enables them to develop new skills, learn in supportive and inclusive settings and gain the satisfaction that comes from helping other people and giving back to the community.

