**Questions for Parents Before Visiting a**

**Community-Based Day Support Program (CBDS)**

## Prior to Visiting a Program:

* Was the website helpful in describing the range of program options? Is CBDS listed?
* Did the agency respond within a reasonable time to your request for information?
* Were you asked to provide any information about your son or daughter?
* Was information clearly stated about whom the program serves?
* Did you ask additional questions about the population currently served?

## Observations Based on the Tour/Visit:

* Is the program within a “reasonable” distance to the participant’s residence?
* Were the outside environment clean and the entryway accessible?
* What type of setting is the program located in?
* Are there outdoor spaces available for participants during time at the center?
* Does the agency have vehicles? Do they use staff cars, public transportation?

## Staffing:

* What is the staff: participant ratio?
* Are there opportunities for participants to volunteer in their own established sites or otherwise have individualized activities?  If so, how does this work for staffing?
* What is the staff turnover in the agency, especially with direct support workers?
* For toileting and personal needs, will staff of the same gender assist your son or daughter?

## Schedule/Programming:

* Are there daily/weekly schedules posted?
* Will your son or daughter have choices on what (s) he does each day?
* Are the activities things your son or daughter would be interested in? (Please list some.)
* How many days each week do individuals access the community?
* How many hours per day are participants in the community?
* Where do participants eat lunch? How often do they eat out?
* Will your son or daughter need money?  How will you know when to send it?
* If your son or daughter needs therapies, can they get those and also participate in CBDS programming?  How exactly does that work?
* How is fitness or exercise worked into the program?

## Other considerations:

* Participants have “human rights” as adults.  What does that mean for your son or daughter within the context of this CDBS?
* As a parent, what are your rights in determining your child’s choices in general, and specific to diet, exercise, and activity choices?
* Are there aggressive participants in the program? What precautions are taken to keep your son or daughter safe?
* Are there any other participants who are blind or visually impaired?

## Other considerations:

* What extra supports will a participant who is blind/VI receive?
* Does the agency contract with the DDS/MCB (Mass. Commission for the Blind) partnership?  (MA only, these services need to be requested as referral with DDS, MCB/DDS provides some O & M, staff training, APH quota materials)
* All adults have Individual Service Plans (similar to an IEP, but brief, data driven). What are sample goals and how often will you meet with staff to review goals?
* How does communication between home (or group home) and day program happen?
* Who will be the contact person at the day program if you have questions?
* What training is provided for staff?

Transitioning to a new agency post-Secondary education can be exciting! It is understandable that new programming brings new concerns.  Please reach out to your adult service coordinator for answers and to make suggestions.