



Welcome to 3LPlace

We're building exciting opportunities and a warm, diverse community for adults with developmental disabilities, across the lifespan.

In this package you will find information about 3LPlace: Our modules, our philosophy, our commitment to lifelong, individualized learning, and our schedule for day and evening courses.

3LPlace, located near vibrant Davis Square, came about through the efforts of a group of parents seeking more options for their maturing children.

Together, we are on a journey:

- Exploring community and what it means to live in one
- Thinking more critically
- Expressing creativity
- Exploring careers
- Supporting job choices and placement
- Becoming more aware of body/mind connections and fitness
- Practicing the life skills and social skills we need to live successfully in our choice of housing, and in the community.

celebrate
neurodiversity

We offer a menu of highly individualized day, evening and weekend programming, based on our unique 3LPlace Curriculum.

The year-round program welcomes adults with a mix of developmental disabilities. Potential members might be living with autism, Down's syndrome, or another developmental disability. What everyone has in common is their readiness to explore a path to a meaningful, gratifying, healthy and connected adult life, within the community.

3LPlace modules may now be funded through a new pilot project with DDS

3LPlace Learning Modules

3LPlace offers exciting learning opportunities for adults with developmental disabilities, across the lifespan. We begin by building a thorough understanding of each individual, particularly about their interests and passions in life. We believe personal interests can be harnessed to accelerate the development of self-determination, independence, friendships and social behavior.

Learning at 3LPlace is set up in modules, like courses in college. Our members decide what they want to explore. Our modular programming is based on our unique 3LPlace Curriculum. We encourage participants to pick the modules that best fit their own interests, goals, schedule and budget.

We offer five modules: **Daring to Dream, Community, Work and Career, Life Skills, and Social Skills.**



1. DARING TO DREAM MODULE

In this module, members engage in exploration, utilize multisensory-based imagining, and work with other expressive modalities to assist with goal development. The learning environment involves both individual and small group activities. Members have daily opportunities to practice and stretch their creativity in their expressions, interactions, thoughts, and actions. This module taps into the imaginative capacity of each individual, following their lead on a topic/passion or exposing them to new areas of interest.



Objectives:

- Creating collaborative art projects and utilizing group problem-solving
- Partaking in outings or listening to guest speakers
- Participating in media-based problem-solving; brain games; improvisation and role playing
- Delving into research projects on various topics led by member interests
- Embracing and applying a disability positive sense of self and community
- Bolstering background knowledge and skills of members to become more active and informed members of society

2. COMMUNITY MODULE

This module is based on creating skills and abilities to assist members with meaningful community participation as independently and safely as possible. 3LPlace integrates the importance of embracing neurodiversity within the context of basic human rights and citizenship. We work with members within the environments they interact with and live in to help achieve these community outcomes. Key questions are asked at the outset to help members think more clearly about the topic: Why do we and how do we live in a community? What do we get from and what do we give to our community? How do we use all the islands of knowledge/skills that we have and apply them to create meaningful lifelong learning experiences?



Objectives:

- Visiting places where critical and abstract concepts can be made concrete, such as: city hall, the state house, local libraries, or museums
- Navigating a community mindfully and responsibly, using a variety of supports such as: maps, travel and review apps, timers, phones, and community safety resources/people
- Digging deeper into familiar landmarks by differentiating and comparing: What is the difference between city hall and the state house, or the Museum of Fine Art and the Museum of Science?
- Developing new, deeper, and connected knowledge utilizing books, internet, community activities, museums, travel, speakers, and theatre
- Digging deeper into familiar landmarks. What is the difference between the MFA and the Museum of Science?
- Developing new, deeper and more connected knowledge utilizing books, internet, community activities, museums, travel, speakers, and theatre
- Striving to put new content in context of the whole – where are we in space? In time? Why do we measure things? Why do we choose to live in societies?



3. WORK AND CAREER MODULE

3LPlace believes that each member should have the opportunity to pursue meaningful and interesting jobs, careers, continuing education, or volunteer activities. We accomplish this by focusing on each member as an individual, examining their passions and goals, strengths, and challenges. Keeping these in mind, we then support them to explore and develop their career interests, readiness, and skills as workers, at their own pace. By taking this approach, we increase motivation, independence, personal satisfaction, and self-determination.



Objectives:

- Creating career awareness through exploration
- Developing individual “My Work Profile” (identifies personal goals, passions and interests as well as needs for training, skills acquisition, communication style and regulation)
- Participating in work readiness coaching
- Working on training skills for specific job interests
- Continuing educational opportunities
- Finding supported employment for individual members needing more customized support/s

You
decide

4. LIFE SKILLS MODULE

This module focuses on the development of skills to increase levels of independence in the home and in the community. This module works on both Activities for Daily Living (ADLs) and Instrumental Activities for Daily Living (IADLs) based on the individual goals determined by both the individual and relevant and respectful family members and/or providers.



Objectives:

- Learning about exercise, nutrition, meal planning, meal preparation, cleanup
- Dining with other members, including preparing for group meals practicing relevant social etiquette practices and manners
- Learning and practicing relevant procedures (for example, previewing menus and ratings, ordering, paying, tipping, and showing gratitude) for dining out
- Exploring money math concepts for meal budgeting, medication costs, and other necessities
- Practicing travel training while navigating community to shop for groceries, or other errands
- Developing laundry skills
- Organizing skills, general cleaning skills, and other chores to work on generalizing these skills across environments, both at 3LPlace and in member's home

5. SOCIAL SKILLS MODULE

In this module, members work on social emotional awareness and social thinking, including their ability to connect with others in social activities.

Objectives:

- Developing reciprocal social communication
- Practicing social pragmatics such as sharing space on sidewalks, escalators, buses and subways, or the pragmatics of ordering a meal or purchasing at stores
- Respecting personal space
- Helping create and follow a group plan
- Navigating both group time and independent time in productive and pleasurable ways
- Reading the room and understanding socially expected vs. unexpected behaviors in varied settings
- Regulating voice/body control and learning when to say something aloud versus keeping thoughts to ourselves out of respect for someone else's feelings
- Practicing active kindness & flexible thinking



For more information about 3LPlace, you can call us at 617-764-3280, or email us at [info@3LPlace \(DOT\) org](mailto:info@3LPlace.org).



SAMPLE SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am—12pm	Daring to Dream 	Life Skills Activities for Daily Living 	Daring to Dream 	Community 	Daring to Dream 	Social/Recreation (12 to 5pm)
12pm—2pm	Social Skills 	Social Skills 	Community	Social Skills 	Social Skills 	
2pm—4pm	Community 	Work and Career 		Work and Career 	Community 	
4 pm—6pm	Life Skills Instrumental Activities for Daily Living 	Life Skills Instrumental Activities for Daily Living 	Life Skills Instrumental Activities for Daily Living 	Social Skills 	Life Skills Instrumental Activities for Daily Living 	

grow your abilities
choose your path
with us

If you think 3LPlace is right for you ...

3LPlace Learning Modules

A new pilot program through the Massachusetts Department of Developmental Services may help fund the 3LPlace modules.

The 3LPlace/DDS Education and Training Pilot is available for families under the **participant-directed program model**.

For families choosing this option, 3LPlace modules may be paid for using an individual's DDS budget at a rate of \$35/hour or \$70 per module. At a minimum, an individual must participate in six hours of module programming per week.

Individuals and their families may wish to add additional modular programming using private funding.

Traditional DDS funded services:

3LPlace also offers the following DDS services:

- Adult companion
- In-Home Supports

DDS services to be added in 2019 include:

- Behavioral supports and consultation
- Community family training
- Respite
- Employment supports, including individualized supported employment

All 3LPlace services may also be supported with private funding. We will be happy to work with you to leverage any funding streams available to you and your family.

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The 3LPlace Approach

We believe clinicians and educators can view participants through a holistic lens and acknowledge an individual's developmental, physical, sensory, emotional, social, and cognitive needs.

We believe we can provide a rich and rewarding educational experience that is intentional, and individualized in all domains of their adult lives: career development, life skills, community involvement, social relationships, self-care, and recreational choices.



We believe in humor, creativity, and joy because these are the energizers and, social connectors that enliven and deepen relationships and experiences.

We believe in the power of a participant's personal preferences and interests to increase internal motivation, infuse enthusiasm, and increase social engagement.

We believe in strengthening the foundational capacities of regulation, engagement, reciprocity, and social problem-solving that lead to increased resiliency, adaptability, self-care, effective communication, and social connection.

We believe in a person-centered approach to ensure a participant finding their own unique, fulfilling way to participate in their lives, form lasting and meaningful relationships, and contribute to their communities as who they are and who they are becoming.

We believe that participants and their loved ones should have a chance to dream big and embrace optimism while still addressing the real world demands and challenges they face on a daily basis.

*we believe in humor,
creativity and joy!*