Day Services

Autism Care (UK) is committed to ensuring that all our service users have appropriate activity plans which reflect choice and integration (inclusion) into local communities.

Whether one uses terms like Day Care or Day Services or Day Time Activities it is clear that how a person occupies their time and organizes their life or is supported in so doing, is a key element of their overall lifestyle.

The purpose of such activities are to facilitate a **Healthy, Valid and Valued Lifestyle.**



It is possible to define the key components that go to make up such a lifestyle; they include:-**Occupation(Employment), Stimulation, Socialisation, Education, Recreation and Leisure** pursuits.

Autism Care (UK) ensures that such a programme is balanced, reflects individual choice and preference.

Such a "programme" or planned lifestyle will include activity, stimulation and will facilitate social inclusion and community integration.



Equally, normal or ordinary living includes activities within the home, cooking, cleaning, laundry, housework, shopping etc. and this is also a key component to the 'programme' where support and skills are developed.



In the spirit of social inclusion and ordinary living, use is made of all local facilities and services where appropriate; for example, further education colleges, leisure centres, swimming pools, cinemas, theatres, libraries, sports facilities, clubs and organisations and specialised activities such as Riding for the Disabled. These reflect use of both specialised and generalised facilities.