

## My Son Dean's Life After 22

Dean will be living in a house a 15 minute walk from where he grew up in Mountain View, California. His roommate will be Jeffrey and possibly 1 or 2 other young adults with special needs, ideally at least one with visual impairment. He will have a house parent/family living with him, and other helpers. As a part of the supported living model, he'll have 1-1 assistance during most of his day. He'll be in his own bedroom, shared bath and living areas.



*Orchard of fruit trees*

His outdoor space has 50 old growth fruit trees, a chicken coop, a trampoline, perhaps a hot tub, garden, swings, fountain and other outdoor spaces to explore.

Based on what Dean likes to do, and the pace and participation he enjoys in daily living, Dean's day and week will look something like this...

He'll wake around 7am and have time to toilet, shower and help get dressed, doing all the steps he can for as long as he needs. Next he'll find his way to the kitchen where he'll grind the morning coffee beans located at the top of the kitchen, then move along the counter to the toaster to make his toast, onto the juicer to make fresh squeezed orange juice and then retrieve his bowl from the shelf and set it on the table. Dean loves to help make food, especially when interesting appliances are required! After breakfast, Dean always loves morning songs and a book or 10!



*Grinding coffee*

By now, it might be 9:30/10 and time to find his trike or tandem for the bike ride to the YMCA 1 mile from his home. With his assistant, he might bike there M/W/F to use the treadmill, weights, track, pool or basketball court, or take a dance class, before biking home for lunch.

After helping make and eat lunch, he might collect eggs out back, harvest fruit off the trees or veggies in the garden for tomorrow's meals. He'll then wander out back to jump on his tramp or explore the spaces. And so it goes.

Other chores/activities might include putting recycling in a bin, sweeping, delivering compost to the pile, wheel barreling compost to the garden, feeding the pets, laundry (carrying his basket to washer, putting IN, & pushing yet another fun appliance to start).

Other mornings T/Th he might:

- be in the car by 9am for the 40 minute drive to Santa Cruz where once a week he puts on his wetsuit and swims with his surfing/wave jumping companion and then visits his friends for lunch on the SC farm where 20 young adults live and work.
- visit his beloved teacher's animal sanctuary where he'd help her feed and groom animals.
- work at the cafe in town (started for special needs workers) greeting customers and opening the door for them.
- assist with food prep for the cafe in his own home or the cafe's industrial kitchen.

On these days, he'd relax in the afternoons after a big outing or work, helping with dinner prep or listening/playing music preferably with a device or favored instruments he can locate and use independently. Other leisure activities he can do on his own might include playing with ipad apps, rocking in a chair or his indoor bolster swing or Active Learning indoor den. Outside, jumping on his tramp, riding his trike, swimming in a 4' pool of a friend where he can explore the water independently, with assistant observing from the deck. Once a week, friends and family will gather for dinner at his home. Community will be essential to his future life.

Field trips perhaps on the weekends would include (based on his interest): amusement parks, the ocean, playgrounds, farms, friends' houses to visit, discovery museums, grocery stores, accessible music stores, libraries, farmer's markets or musical performances (many performers now in our area open up dress rehearsals for special needs individuals to move around and make whatever noises express their joy). Many of these he can walk, stroll or bike to! He also can walk to the train and many bus stops.



*At the beach*



*Riding his bike*

We hope he can communicate his delight, sadness, frustration and needs in all of the ways he's learned...and will be heard and understood.

He'll have time to play and work with others, and time to just be on his own exploring new interests or practicing familiar ones.

We hope these rhythms, activities and community-life will keep Dean safe, happy and learning!