

# Expeditions Community Supports Program

Expeditions Community Supports Program provides year-round, community-based services for adults with developmental disabilities. The program promotes an active, healthy lifestyle by emphasizing healthy choices, new experiences and community involvement. Program staff work with individuals of all abilities to help them make choices that can yield positive, lasting benefits throughout their lives.

## Program Census

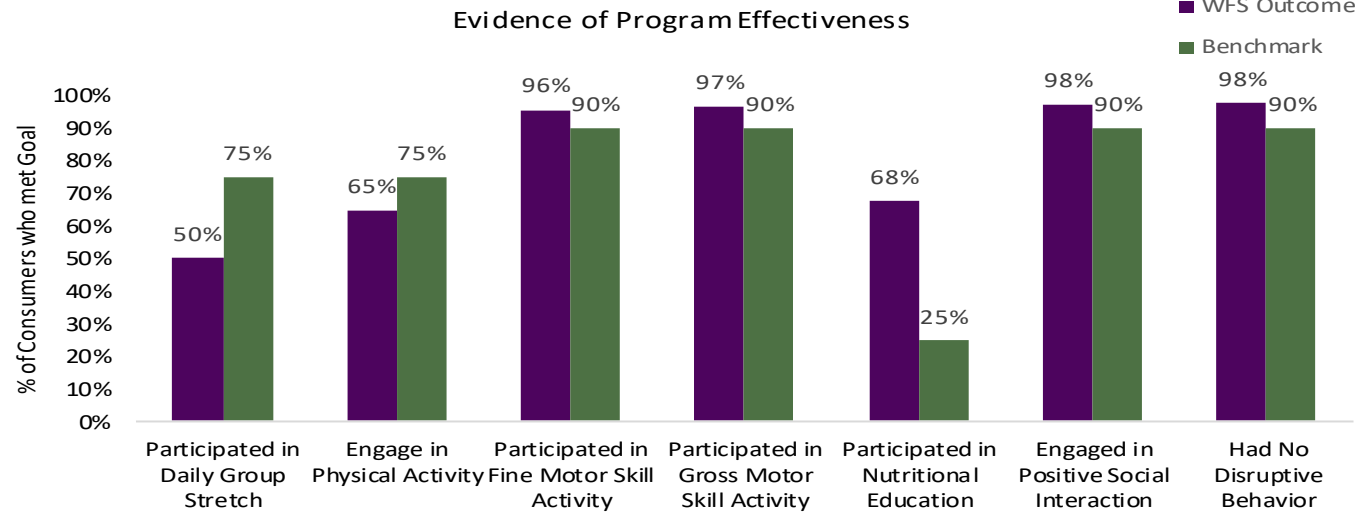
Census as of June 2017: 28

## Program Demographics

Census	County	Total	Gender		Age		
			Male	Female	25-30	31-40	40+
Serving	Cumberland & York.	28	19	9	9	13	6

Census	County	Total	Diagnosis			
			Mental	Intellectual	Dual	Medical
Serving	Cumberland & York.	28	1	14	12	5

## Program & Clinical Outcomes



The Expeditions, Community Supports Program increased its consumer census by 9% over the previous year. The program focuses on a variety of aspects of healthy living including physical and

hands on activities as well as nutrition education. Volunteer opportunities are offered regularly and provide consumers with an opportunity to give back to their communities. Healthy, active living and

community inclusion remain key components of this program and are measured through program outcomes.

Consumer Satisfaction Survey Responses			
Survey Question	Agree	Neutral	Disagree
Satisfaction with the activity choices.	100%	0%	0%
Program teaches new things.	91%	5%	4%
Program helps with personal growth.	94%	0%	6%
Program is beneficial to health and wellness.	100%	0%	0%
Program helps prepare for future.	94%	0%	6%
Program helps increase individual participation in the community.	100%	0%	0%

## Comments from Consumers

“Taking Karate on Wednesday is great.”

“I like it here because staff program coordinator helps me take care of thing.”

“I enjoy going out with others, watching trainings and eating salad!”

“I like to play baseball and go bowling.”