Welcome to Opportunities for Inclusion and our Community Based Day Supports (CBDS) Program!

As we celebrate our 62nd Anniversary, we are pleased to bring you more information about our CBDS program, activities and the staff who support the I/DD population.

Our Staff

The CBDS program has a committed and enthusiastic staff who work to plan activities both in the community and at our Woodland Road site. Participant preferences are surveyed and reviewed as their input shapes the CBDS program activities both in the community and at our “home base” at Woodland Road.

Under the direct attention of the CEO and with input from DDS, curriculum materials, both hands-on and in reference binders, are organized to provide activities and projects in Job Development, Human Rights, Health & Wellness, Communication and Social Skills, to name a few.

The CBDS program also has consultations from an occupational therapist, physical therapist, speech/language therapist and behaviorist as well as an RN on site. This program spends a large part of each day in the community—volunteering, touring work sites and enjoying area resources.

In addition to the mandated health and safety trainings required by our funding sources, the staff has participated in trainings on Alzheimer’s disease, low vision, iPad tablet use, van safety training, diversity, workplace safety and other clinical trainings as needed.

Volunteers…what a gift! We are pleased to welcome volunteers to the CBDS programming and this includes the Bentley University Service-Learning students weekly during the school year. Additionally, we are fortunate to have several other community volunteers. Note that we request a three to six month commitment from all volunteers to maintain consistency and develop positive relationships with these very valued persons.
Our Facility

Located in a quiet neighborhood close to many resources for recreation, community service and enrichment, the building features a large open space which can be divided for small group activity, as well as a full kitchen, smaller program rooms, raised garden beds and an outdoor eating area.

We pride ourselves on a clean and accessible facility with updates and changes to reflect the needs and challenges of those we support.

31 Woodland Road, Waltham

Voices and Choices

A core value of our programming is options – choices of participation in community trips and on site activities. In all cases, staff will offer alternatives for participant choice and respect individuals’ decisions to participate in an activity or just relax in the program rooms.

Additionally, at Opportunities for Inclusion we take the rights of others very seriously and participants, staff and families/guardians have annual trainings to empower individuals to make choices and have their concerns heard.

CBDS Programming

So, now you know more about where we are and who is here – let’s get to the most important part…what goes on in a CBDS six hour day!

We put the “SEE” in CBDS…with our 10 passenger van on the road, participants are able to volunteer by shopping for and delivering to local food pantries and the Operation American Soldier project, purchasing ingredients for cooking classes and special treats and visiting local accessible places in the community. Meals on Wheels, Salvation Army, Pine Street Inn and Phinney’s Place (pet food pantry) are some of the agencies grateful for CBDS regular visits. Local trips include apple picking, museum visits, a gym, movies, the State House, sports teams’ practice sessions and picnics. Everyone loves the annual Lake Cochituate cookout, an all day party at the lake in August.

“In house“ activities are designed to meet the interests and abilities of our participants and include exercise, use of iPads, communication, crafts, cooking and lots of music. We are pleased to host a board certified music therapist, a musician-led jazz session and a drumming circle. Our “artists in residence” visit at least twice month and often more, depending on grant monies we receive. A Ladies/ Men’s Group and a Health Group meet regularly. Try to visit when Reva, a professionally trained chef, is holding a cooking class! Holidays are always celebrated here—Halloween, a Thanksgiving feast, “fake” New Year’s Eve Brunch, and the 4th of July, among others, and Fridays bring additional cooking groups.
Join Us for Other Events at Opportunities for Inclusion

We are always looking for community participants to join us for:

- Recreation Activities – see quarterly Recreation Program Brochure
- Watch City Self Advocates – first Thursday of the month
- DJ Dance Parties – 5 events annually, open to all, held in a Waltham club
- Program Advisory Committee and Human Rights Committee – quarterly meetings with participants, staff, family and community members
- Legislative Forum – annually, in the spring
- Harvest Breakfast – our 48th year of a very successful community event, in the fall

A Few More Facts You Should Know

We are accredited by DDS and CARF and the agency is a participating member of the Association of Developmental Disabilities Providers (ADDP), American Association of Intellectual & Developmental Disabilities (AAIDD), Down Syndrome Congress, Massachusetts Nonprofit Network and MetroWest Nonprofit Network, We conform to all City of Waltham, state, federal and funding source regulations for programming, documentation and facilities.

Programs are funded by MassHealth, DDS and the Massachusetts Commission for the Blind and can be private pay as well.
Your Next Step?

Come see us, of course! Contact the CBDS Program Director for a time to visit!

Opportunities for Inclusion is a private 501(c)(3) Non-Profit Organization. We are an affiliated chapter of The Arc and The Arc of Massachusetts.