Welcome to Opportunities for Inclusion and our Day Habilitation Program!

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

Our Staff

Day Habilitation has a committed and skilled staff with agency longevity totaling close to 100 years of experience! This creates consistency and expertise as staff work with the individuals in our Day Habilitation Program as well as communicate with families/guardians, residential staff, Service Coordinators and consultants. New staff bring fresh ideas and additional opportunities to develop activities for Day Hab. Participants’ preferences are surveyed and reviewed as their input shapes the Day Hab program activities, both in the community and at our “home base” at Chestnut Street. As per Medicaid regulations, the Day Hab program also has consultations from an occupational therapist, physical therapist, speech/language therapist and behaviorist as well as an RN on site. Staff trainings in clinical issues and regulations are ongoing.

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

Volunteers…what a gift! We are pleased to welcome volunteers to Day Hab programming and this includes Bentley University Service-Learning students 3 days a week 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 repurposed school just off a diverse and accessible main street in Waltham, our facility features large sunlit program rooms, a green space and raised garden beds.

We can walk to restaurants and small stores and are close to the Waltham Public Library, supermarkets, walking trails and the community garden. We pride ourselves on a clean and accessible facility with updates and changes to reflect the needs and challenges of those we support.

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, 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.

Day Habilitation Programming

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

“In house” activities are designed to meet the interests and abilities of the participants and include exercise, use of iPads, communication, crafts, chair massage, 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 upon grant monies we receive. Pet therapy, for those who love dogs, is on the schedule, too. A Women's/Men's Group and a Health Group meet regularly. Try to visit when Reva, a professionally trained chef from Healthy Waltham is conducting a healthy cooking class!

Holidays are always celebrated here and this means the recently renovated kitchen and adaptive cooking equipment is often in use. Staff love to create parties—birthdays are celebrated and the summer brings many cookouts including our recent 50’s Party.

With an 8 passenger wheelchair van, we are out and about as much as possible (remember New England weather often has other ideas). Trips of choice include volunteering, attending community events held during program hours, shopping and delivering for 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. A walk down the street to the local ice cream parlor is an almost year round treat, too.
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 Day Habilitation Program Director for a time to visit!

We can’t wait to meet you!

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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.