

WHY CHOOSE US?



ACT'S PHILOSOPHY: NEURODIVERSITY

ACT is the only adult day program designed and run by autistic/ neurodivergent people for ID/IDD individuals. We believe all minds are competent to self-determine their lives, rejecting the notion that disabled people must be "cured" or "normalized" to make decisions or be included in community life.

WE BELIEVE IN THE DIGNITY OF RISK

ACT believes in the dignity of risk. We give participants the respect to make choices, try things and fail safely - that is the foundation to the learning process.

We teach and encourage curiosity, communication, choice making, and authentic interactions with the world leading participants to identify and develop connections with their community and support systems.

HOW WE EMPOWER OUR PARTICIPANTS

We provide support through mindfulness, acceptance, empathy and presuming competence, as each participant learns how to adapt and be in the community to best of each individual's ability.

CONTACT US

Program Director: Tanya Coffield
(510) 527-2550
tanya@alacosta-acat.com
www.alacostacenters-
adultprograms.org



ACT NEVER uses vans. We use public transit to get around to various activities in the community



ADULT COMMUNITY TRAINING



**NOW
ENROLLING**

Ed Roberts Campus 3075
Adeline, Suite 165, Berkeley,
CA 94703, (510) 527-2550



ACT PROGRAM IN ACTION

Empowering education for adults with intellectual and developmental disabilities

**100% COMMITTED TO
100% COMMUNITY BASED
PROGRAMMING**

ABOUT ACAT

The Adult Community Training [ACT] Program is, a community-based adult day program serving intellectually and developmentally disabled adults in Berkeley, Oakland and surrounding areas. ACT's empowering instruction occurs in community spaces, not on a school campus or in classrooms. We prepare students in the least restrictive environment and in real-time- guided by student choice and self direction.

The ACT program is a 3:1 ratio. All students who attend must be safe within that ratio. Additionally, ACT staff does not administer medications.

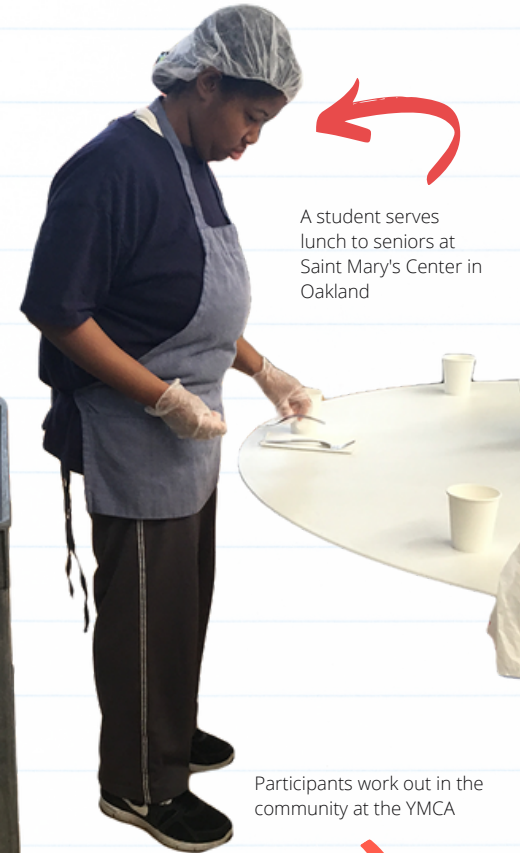
PROGRM AREAS OF FOCUS

- VOCATIONAL SKILLS
- INDEPENDENT LIVING
- TRAVEL TRAINING
- SELF DETERMINATION



Top: A participant volunteers at an urban farm.
Bottom: Participants enjoy lunch at a local park

WHAT WE DO



A student serves lunch to seniors at Saint Mary's Center in Oakland

Participants work out in the community at the YMCA

PROGRAM DETAILS

ACT participants spend 100% of their day out in community spaces exploring their interests, taking public transit, volunteering at local non profits, cooking, and more!

Hours: 8:30am -2:30pm
Monday-Friday



Students work together to make a salad for homeless community members for Food Not Bombs



To schedule a tour email tanya@alacosta-acat.com

