

# About

The Independence Project

The Independence Project enhances the lives of young adults, ages 18-22, with moderate to severe disabilities by offering them community job placements for a lifetime of independence and developing specific life skills individual need to feel successful in his or her life.



# Our Mission

The Independence Project prepares and supports postgraduate 18-22 year-old special needs students, in a safe and caring environment, as they journey toward self-reliance and citizenry. With transition as the focus, the Independence Project stresses synergy between the home, school, and community. We provide on-site vocational training specific to each individual's needs and the specific life skills each person needs to feel successful in his or her life. We see diversity as a strength to be respected.



# Our Experienced Staff

**Jane Sousa**

*Special Education Teacher  
26 years experience*



**Roberta Smart**

*Paraprofessional  
10 years experience*



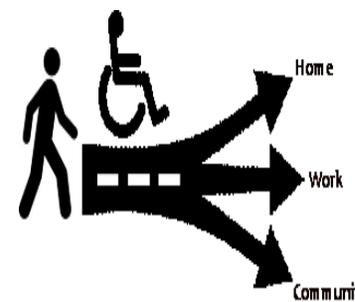
**Christine Byron**

*Paraprofessional  
15 years experience*



# The Independence Project

Providing transitional skills from school to adult life for individuals with intellectual disabilities.



**“The road to independence starts at the Independence Project.”**

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# Core Curriculum

## • Vocational

- individual skills analysis
- task formation
- job shadowing and coaching
- internships
- part-time to full-time employment upon exiting the program



## • Functional Academics

- banking transactions
- personal budgeting
- following recipes
- managing time
- monitoring weather
- using a calculator
- scheduling activities
- using a computer



## • Independent Living Skills

- doing laundry
- shopping
- writing emails
- using a telephone
- managing leisure time
- planning and preparing meals



## • Social Behaviors

- interpersonal skills
- job-related skills
- basic conversational skills
- self-advocacy skills



# Job Sites

*"We generally work at a work-site from 9-12 everyday."*

- **Imperial Chevrolet:** parts department
- **Uxbridge Senior Center:** Meals-on-Wheels program
- **Southwick's Zoo:** pick up trash, help check in class trips, help with inventory in the gift shop, price new inventory, fold T-shirts, clean & organize the Purple Peacock gift shop basement
- **Uxbridge School System:** paper shredding for the schools
- **Azrael Acres:** general barn helper
- **Worcester State University:** work with the Athletic department folding & organizing uniforms for different sports
- **Worcester Sharks:** folding T-shirts, chuck-a-pucks, & organizing large cupboards at the end of the season
- **Whitin Community Center:** general grounds keeping, sweeping the gym, clean the racket ball courts, sanitize the cubbies & cots for the pre-school, wash walls, sweep out the pool areas & assist in the Day Care program
- **Lydia Taft:** general housekeeping (vacuuming halls & rooms, cleaning bathrooms, refilling soap, toilet paper, etc.)



- **Taft Elementary School—Art Dept.:** assist Art teacher with activities
- **Mendon Greenhouse:** water plants & price new inventory
- **Uxbridge Pre-School Program:** help teachers prepare activities for the classroom
- **Preschool Adaptive Physical Education:** assist APE teacher with activities
- **Hannaford Market:** bagging, collecting carts, back-shopping, & stocking merchandise
- **Taft Elementary School:** preparing and delivering supplies teachers have ordered and pick up all recycling from classrooms
- **Military Job at Nipmuc Regional High School:** checking military contracts for payment
- **Car Detailing at Uxbridge High School:** car detailing business
- **Bernat Mill Antiques:** sweeping, general clean-up, and organizing
- **Whitin Middle School Kids Store:** purchasing, selling, and keeping inventory of school store items & keeping register for the store
- **Uxbridge Public School Grounds:** sweeping and trash pick-up & removal