

insight

Independent Capacity System's philosophy is that everyone has the ability to achieve a higher level of independence and individuality when provided with the necessary support. We believe not only in the services we provide, but in the independence of the individuals that we provide our services to.

for more information about Independent Capacity System

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Ask About Our
CARF Accreditation

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independent
capacity system



ICS Day Support

Helping Adults With
Intellectual Disabilities
Reach Their Full Potential

“EVERYONE HAS THE CAPACITY
TO GAIN A DEGREE OF
INDEPENDENCE ”

mission

The mission of Independent Capacity System, Inc. is to meet the specialized needs of individuals with Intellectual Disabilities by designing person centered, systematic programs that will help promote greater independence within their daily lives. All ICS programs are structured to meet the physical, mental and emotional capacity of the individuals we serve, while also providing guidance, safety and supervision.

ICS DAY SUPPORT services include the Center Based, Community Based, and Combo programs. This unique, multi level structure provides flexible, tailored services to fit the individual. Each program engages participants in therapeutic skill building activities that enable them to function more independently in the community. While our three programs incorporate skill building components differently, each is geared towards supporting individuals in attaining their personalized goals.

Eligibility Criteria Includes:

- 18 years or older, live independently, with family, or in an adult group home.
- Must have a primary diagnosis of Intellectual Disability or dually diagnosed
- Recipient of MR/ID, Day Support Waiver
- Tours are required prior to application process. Contact us to set up a tour.

center based

The Center Based program is designed to help individuals develop and refine the skills needed to achieve their highest level of independence possible. With this program we help individuals master the essential skills necessary to accomplish practical life tasks. These include functional reading, fundamental writing and basic arithmetic. The tailored curriculum design of this program enables individuals to work on and improve in areas such as self care and safety, problem solving, social skills, housekeeping skills, and the use of functional skills in community settings.

community based

Community integration and independence are important for individuals with intellectual disabilities to become active, healthy, community members. The Community Based program offers daily opportunities for individuals to actively participate in the community in fun and engaging ways. Activities promote learning, skills application, independence, exploration, cooperation and teamwork. This program is geared towards higher functioning individuals that are willing to participate in a variety of recreational and educational activities and events, including volunteerism.

combo

At ICS we understand that not all individuals can attend Day Support five days a week. The Combo Program allows individuals to participate in activities that are catered to their different schedules by utilizing both the Day Support Center and community activities. This offers the most flexibility while also maintaining the stability and structure of our other Day Support programs. Combo program participants take part in sensory, recreational, and educational activities at the Day Support Center. The group also participates in community based activities that are local and do not adhere a specific time frame. ICS staff coordinates pick up or drop off times as necessary for the individual to participate in these activities.

specialized program

Behavioral Consultation

Behavioral consultation services are available as needed. We also work with individuals that already receive services from a behavioral consultant/ BCBA/ Licensed Mental Health Professional. By joining forces we are able to identify the best supports possible to help an individual have “a life like ours”.

Internal Dietitian

On-site dietary consultant services are provided by a registered dietitian. Training is available in meal planning, weight management, diet and health. Individuals experience real life situations such as preparing meals in a kitchen, making healthy choices in a restaurant, and reading food labels.

Multi Sensory Programs

Our programs offer an array of enhanced sensory stimulation therapies that address individual needs and preferences, including:

Art Therapy

Expressive therapy that uses art materials to express feelings, imagination, creativity and spontaneity. This therapy gives individuals tools to better cope with stress, enhance communication, improve motor skills and increase cognitive abilities overall.

Sensory Garden

A stimulating journey through the senses that heightens awareness and brings positive learning experiences that participants may not otherwise come into contact with. This therapy provides tools to cope with stress, enhance communication, facilitate self-awareness, improve motor functioning, and increase cognitive abilities.

Pet Therapy

Animal therapy that allows animals and handlers to work with an individual toward achieving specific therapeutic goals. This therapy promotes emotional health, calm behavior, increased focus and physical activity, sensorimotor and nonverbal learning, and companionship.

Multi-Sensory Environment

A space where various types of sensory input can be provided in a controlled manner to meet specific objectives for individuals. This attention on sensory experience encourages positive responses from those who may have difficulty in traditional settings, such as individuals with autism, dementia, developmental disabilities, and behavior problems.