

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.

our homes

Elegance, style and comfort are hallmarks of each Independent Home. Located in residential neighborhoods of the community, our homes are like no other group homes in the area. An onsite tour is required prior to the application process. Schedule a visit today by calling (804) 520-7773.

Take a virtual tour of our homes at www.independentcapacitysystem.com

for more information about Independent Capacity System

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website

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Ask About Our
CARF Accreditation

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independent
capacity system



Independent Homes

Enhancing, Empowering,
and Reinventing the
Value of Life

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.

independent homes

At ICS we believe that every person should have a fair start, beginning in the home. Independent Homes offers a full menu of services to enable residents to achieve their maximum capabilities within a nurturing and caring environment.

The flexible and non-conventional methods we employ enable us to meet each person's individual needs. By analyzing all aspects of an individual's life, we are able to provide specific solutions that give them an opportunity to grow and develop. Our bio-psychosocial model and strengths based approach focus on the individual's abilities rather than disabilities. The activities available to our residents also promote an active and enjoyable life.

Eligibility Criteria Includes:

- 18 years or older
- Lives independently, with family, in an adult home, or group home
- Has a current diagnosis involving intellectual disabilities and/or mental illness
- Is a recipient of MR/ID Waiver

services

- Assessment of needs by a Qualified ID Professional/Qualified Mental Health Professional
- Development of an Annual Person Centered Plan
- Ongoing support provided by trained staff
- Support for medical care and treatments
- Access to transportation
- Development of skills related to:
 - Communication
 - Problem Solving
 - Behavior Management
 - Home Maintenance
 - Health & Safety
 - Medication Compliance
 - Money Management
 - Social Skills
 - Community Integration
 - Various tasks that require support
- Crisis prevention, intervention, & stabilization
- 24-hour supervision
 - Overnight safety supports
- Recreational activities
- Supervised community outings
- Support in finding and assessing community resources

At Independent Homes, we pride ourselves in having a diverse interdisciplinary team that specializes in assistive technology, dual diagnosis, physical limitations, behavioral health, special medical needs and person centered supports.

specialized program

Behavioral Consultation

In addition to providing behavioral consultation services at Independent Homes, we also work with individuals that 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 dietician. 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 Program

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

Sensory Garden

Offering 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.

Multi-Sensory Environment

Offering 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.