

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

phone | 804.520.7773 ext. 300

fax | 804.520.7776

website

www.independentcapacitysystem.com

email

info@independentcapacitysystem.com



Ask About Our
CARF Accreditation

Mailing
Office
Address

16015 Continental Blvd.
Chesterfield, VA 23834
P.O.Box 3163
Petersburg, VA 23805-3620



independent
capacity system



ICS Prevocational Program

Enriching Life and Developing
Independence Through
Prevocational Training

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 PREVOCATIONAL services provide skills training and support aimed at preparing an individual for paid employment or volunteer work. Activities are designed to help individuals develop appropriate worker traits and learn about the work environment. These activities are individualized based on the Person Centered Plan. Onsite topical workshops are provided as well as daily volunteer training in the community to reinforce learning.

Individuals receive motivational feedback and counseling that keeps them focused on the goal of becoming employed. The program further helps to increase the individual's level of confidence and independence.

Helping adults with Intellectual Disabilities reach their full potential

areas of support

Job Attainment Skills

Training on the process of gaining employment. This includes activities that help ensure individuals are comfortable with writing resumes, developing and maintaining visual resumes, submitting applications, and the going through the interview process.

Communication and Social Skills

Training to build communication skills, learning style, appropriate attitude and emotional tolerance for work demands and pressure. This includes role playing a work environment in order to help individuals understand how to properly communicate to authority figures and co-workers in the work place.

Job Productivity Skills

Training on concentration, alertness, following directions, problem-solving, task completion, time management, accepting supervision, and attendance. Also incorporates assistance in the development of sensory, gross, and fine motor skills.

Community Integration Skills

Individuals are provided with volunteer activities in the community that are job related in order to apply what was learned during onsite training. Through these activities, individuals have the chance to give back to the community with quality work they can be proud of while also showing how much of an asset they can be. Outings change each day to ensure variety and decrease boredom. Opportunities include:

- Volunteering at the Hope Center Food Bank
- Delivering meals to seniors through the Meals on Wheels Program
- Volunteering at a Horse Ranch
- Participating in the Adopt-A-Spot program
- And various activities through the Hands on Richmond program

Eligibility Criteria Includes:

- 18 years or older
- Must have a primary diagnosis of Intellectual Disability or ID and Mental Illness
- Recipient of MR/ID, Day Support Waiver
- Able to keep up with a volunteer or employment setting