



# Achievement Centers for Children

## River Rock Adult Day Program

### *at Camp Cheerful*

## Frequently Asked Questions

### **What is the River Rock Adult Day Program?**

Located at Camp Cheerful in the Cleveland Metroparks Mill Stream Reservation in Strongsville, the River Rock Adult Day Program offers a unique outdoor environment surrounded by nature, and provides engaging social, recreational, and educational activities for adults with special needs and disabilities year-round. Our caring staff is dedicated to providing your loved one with the best experiences to make their days enjoyable and meaningful with their friends.

### **Who is eligible?**

Our participants are 18 and older with a wide range of disabilities and abilities. We serve all acuity levels (A, B, C) as established by the Ohio Department of Developmental Disabilities. We are not able to provide care to individuals needing 1:1 care throughout the day.

### **What are the hours?**

Our doors open to eager participants every morning, Monday through Friday from 9 am - 3 pm. Extended hours are available from 3 pm – 5 pm at no additional cost.

### **What is the staff to participant ratio?**

Staffing is based on the care that each individual needs and ranges from one staff with three participants to one staff with twelve participants. Staff minimum ratios are established by the Ohio Department of Developmental Disabilities, however we provide additional staff as needed to provide a safe and enjoyable experience for our individuals.

### **Must participants attend all 5 days each week?**

Daily attendance provides continuity for your loved one. We understand that some families and individuals are unable to attend five days and part-time arrangements may be possible based on availability in the program.

### **What kinds of activities are offered?**

- Swimming (year-round)
- Gardening
- Cooking and baking classes
- Horsemanship activities
- Fitness and sports
- Daily skills development based on individuals' goals
- Arts & crafts
- Community activities/weekly field trips
- Activities and entertainment provided by special guests
- Music engagement
- Outdoor activities – hiking, fishing, canoeing, etc.
- Visit our website to see our weekly activities at [AchievementCenters.org/riverrock](http://AchievementCenters.org/riverrock)

## What is a typical daily schedule?

9:00 am – 9:30 am	Participants arrival and sharing time
9:30 am – 10:00 am	Fitness activity
10:00 am – 10:15 am	Snack time
10:15 am – 11:30 am	Weekly special activity
11:30 am – 12:30 pm	Lunch
12:30 pm – 1:00 pm	Learning Lab
1:00 pm – 2:00 pm	Barn activity/snack time
2:00 pm – 3:00 pm	Skill development
3:00 pm – 5:00 pm	Extended time activities

## What services are provided?

- Safe, fun and engaging activities throughout the day
- Assistance achieving Individual Service Plan (ISP) goals
- Assistance with toileting and other personal hygiene needs
- Distribute medications
- Daily guidance and support
- Collaboration with families/caregivers

## How do you communicate with families/caregivers?

Communication between our staff and the families we serve is very important to us. In addition to our ongoing procedures outlined below, we encourage families/caregivers to ask questions, give feedback by phone or email and attend our bi-monthly family parties.

- Monthly activity calendar
- Activities of Daily Living (ADL) communication sheet is completed by staff and sent home every day
- Any time-sensitive issues or concerns are reported to the families immediately
- If a non-emergency incident occurs, families are notified the same day via a written incident report

## Who provides lunch?

Due to varying dietary needs, restrictions, and preferences, our participants bring their own lunch including drink. As part of special programs, we may offer meals. Refer to our monthly calendar for these special meal days.

## Do you provide transportation?

We currently provide transportation to portions of Cuyahoga and Medina counties. Please call our office (440-238-6200 ext. 222) for more information. In addition, there are several providers in the area that provide transportation to and from Camp Cheerful for the River Rock program. Your Support Supervisor Administrator (SSA) may have more details and recommendations.

## Is Therapeutic Horseback Riding / Horsemanship included with the program?

Many of our River Rock participants have the opportunity to ride horses as a separate service for an additional fee. Those enrolled in our Therapeutic Horsemanship program during the day sign out of the River Rock program to go to the barn for their riding session, and then return to the River Rock program to sign back in. As part of the River Rock program participants have an opportunity to feed the horses and fill their water buckets as well as other barn activities.

## How are services paid?

Services are usually paid through the Ohio Department of Developmental Disability (DODD) or the local County Board of Developmental Disabilities. Your Support Service Administrator (SSA) can help you through this process. If you don't have an SSA, contact your county Board of Developmental Disabilities. Services may also be paid directly by families to the Achievement Centers for Children (private pay).

- Cuyahoga County: [www.cuyahogabdd.org](http://www.cuyahogabdd.org)
- Medina County: [www.mcbdd.org](http://www.mcbdd.org)

## What other programs are offered for adults at the Achievement Centers for Children?

- Year-round Adapted Sports programs including football, soccer, baseball, and wheelchair basketball
- Overnight summer camp at Camp Cheerful (June-August)
- Overnight Weekend Respite camps at Camp Cheerful (September – May)
- Therapeutic Horseback Riding (10 week sessions, year-round)
- Adapted Aquatics – Westlake location (3.5 foot indoor heated pool)
- Physical, occupational, speech therapies, and our Intensive Therapy Clinic (in Westlake and Highland Hills)
- And much more! Please visit <https://AchievementCenters.org>

## How do I schedule a tour?

We love visitors! A tour is the best way to see if our River Rock program is the right fit for your loved one. You will be able to speak with our staff, and see our program and participants in action. We understand that this is a big decision for your family and your loved one. Please feel free to call or email us anytime with questions.

**Call or email Shawn Littell, Director of Adult Services**

**440-238-6200 ext. 222**

**[Shawn.littell@achievementctrs.org](mailto:Shawn.littell@achievementctrs.org)**

Achievement Centers for Children

### **Camp Cheerful**

15000 Cheerful Lane

Strongsville, Ohio 44136

440-238-6200 ext. 222

**[AchievementCenters.org/riverrock](https://AchievementCenters.org/riverrock)**