

How has Catalyst impacted your life?

“Thanks to Catalyst, Jay has grown so much, and we both have access to an incredible community and unmatched resources. I’m truly grateful for everything CEL provides.”

-Lisa M., Sister to Catalyst Member Jay



“I love coming to CEL and Catalyst. I get to see my friends and have fun. In Catalyst, I learned how to advocate for myself and that’s important.”

-Jenny L., Catalyst Member

“The staff are the ultimate treasure of CEL – always kind, caring, intuitive and patient. They truly care about not only the struggles and unique issues of the members but are also so supportive to the families and guardians.”

-Noel A., Mother to Catalyst Member John



Catalyst Life Skills Program is one of many person-centered programs available at CEL (Center for Enriched Living).

Scan to Learn More:



CEL - Center for Enriched Living
280 Saunders Road, Riverwoods, IL 60015
ExperienceCEL.org/Catalyst



**Experience
Life's Possibilities**

Programs & Services for People
with Developmental Disabilities

CATALYST LIFE SKILLS PROGRAM

Adult day program for people with intellectual and developmental disabilities who wish to grow in independence, confidence, and everyday life skills.

Who is Catalyst for?

Catalyst is an adult day program for people with intellectual and developmental disabilities who wish to grow in confidence, independence, and everyday life skills.

Potential members will be best suited to the program if they:

- Have a willingness to learn
- Readily engage in both individual and group activities
- Need minimal support in the bathroom
- Will practice skills with their guardian/family at home
- Awareness of physical safety while performing tasks
- Participate in various assessments

Catalyst Objectives

- Provide a broad array of living skill training activities to enrich the person's quality of life.
- Train and build upon authentic daily living experiences while promoting life task routines, teamwork, and a sense of responsibility.
- Enhance emotional, personal, and social development.
- Open opportunities to learn new skills or to increase existing skills.
- Prepare the individual for independent participation in life skills and life events.
- Create a fun, meaningful, safe, and structured environment that can be adapted to the changing needs of the individual, offering choices and guidance.

Areas of Focus

Session Topics vary based on member needs and interests. Catalyst utilizes BCBA-developed curriculum to inform lessons. Examples of previous session topics:

- Meal Planning and Preparation
- Basic Money Management
- Personal Safety
- Community Resources
- In-Home Tasks
- Health and Hygiene

Cost and Schedule

Catalyst is a tuition-based model with scheduled program closures factored into the monthly rate. Current average daily cost is \$145 (*subject to change*). All options require a 6-month commitment. Program times are 10 a.m. - 3 p.m., with multiple day selection options. A 9 a.m. early start is available for an additional fee. Please see our website for specific details. *Financial Aid is available.*



**Building
independence,
one skill at a time.**

For full details,
please visit our website:
ExperienceCEL.org/Catalyst

