

Circle K has been a proud sponsor of UCP of Southern Arizona since 1984, supporting thousands of children and adults with disabilities. Southern Arizona Circle K employees, customers, and vendors continue to raise a substantial amount of money each year, helping to offset the cost of vital programs. Circle K employees tirelessly fundraise for UCP of Southern Arizona through various in-store promotions, special events and countertop canister collections.

# THANK YOU CIRCLE K

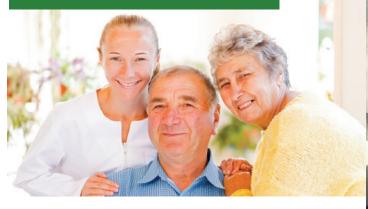








## **OUR MISSION**



The mission of UCP of Southern Arizona is to enrich the quality of life for people with all disabilities, including the elderly, by providing services that enhance independence, inclusion in community life, and by providing support to their families.

#### UCP of Southern Arizona

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Life without limits for people with disabilities"





# **ABOUT UCP AND UCPSA**

Founded in 1949, United Cerebral Palsy has been committed to full community inclusion for persons with disabilities. United Cerebral Palsy of Southern Arizona (UCPSA) is an affiliate of the national organization.

We provide quality home-based services for people living with all kinds of disabilities. These services allow people to remain in their homes, living independently or with their families. UCPSA provides services to consumers primarily through the Division of Developmental Disabilities (DDD), Mercy Care, Banner Health Care, Pima Council on Aging, and private pay. Consumers range in age from infants to the elderly, encompassing all disabilities and the elderly, and each service is based on the consumer's unique needs. In-home services are available 24 hours a day, seven days a week.







We strive to create the perfect match between consumer and our Direct Care Workers, creating longterm relationships built on respect and compassion. UCPSA consumers are provided with a designated Program Manager who organizes supports based on the unique needs and schedule of the consumer.

Our Program Manager creates a custom care plan and schedules the services of a Direct Care Worker, ensuring that the consumer receives reliable and compassionate care. All Direct Care Workers have cleared a fingerprint background check and are certified in First Aid and CPR. They have also received extensive training in providing direct support services.

# **SERVICES**

#### Attendant Care

Attendant Care is specifically designed to enable individuals to receive hands-on assistance with activities of daily living. These services allow consumers the ability to continue to live independently or with family and may include any or all of the following.

- Bathing, dressing, and grooming
- Mobility
- Meal preparation
- Light housekeeping

## **Respite Care**

Respite Care provides parents and caregivers an opportunity to take a break from regular caregiving. This service can be performed in the consumers homes allowing family member[s] time outside the house or in the community for recreational activities. The respite activities are determined by the consumer or their families, but the emphasis is on recreation.

## Housekeeping

Housekeeping is provided to those consumers or their family members who are unable to complete light housekeeping chores on their own.



The purpose of habilitation services is to help consumers build skills that will enable them to lead more independent self-directed lives. A list of goal areas are determined by the consumer or the consumer's family, the consumer's Support Coordinator, and a UCPSA Program Manager. The Direct Care Worker will follow a step-by-step plan in order to reach each specific goal. The consumer's progress is documented in a monthly report. Some examples of goals are learning to brush one's teeth, showering, cleaning one's room, sorting laundry, and preparing a meal.

Another type of Habilitation is known as Individualized Designed Living Arrangements (IDLA's). This service is provided to adults who live independently. The purpose of the service is to assist and teach consumers skills to live successfully in their own home. For instance, our Direct Care Workers could teach consumers how to plan healthy meals, make grocery lists, cook, do laundry, manage money, or use public transportation.