



United Cerebral Palsy of Delaware, Inc. Program Description

United Cerebral Palsy of Delaware was incorporated on November 13, 1953, and began receiving United Way funding in 1968. The UCP Mission is:

To Improve The Overall Quality Of Life
Of Children And Adults With Physical Disabilities
And Their Families.

A common misconception of UCP is that the agency works only with persons who have Cerebral Palsy. UCP serves people with disabilities of all ages. The programs currently sponsored by UCP are:

1. Statewide Case Management and Advocacy;
2. Summer Day Camping,
 - a. Camp Manito
 - b. Camp Lenape
3. Respite Care;
 - a. Community Based Respite Care
 - b. Weekend Respite
 - c. Rec –N- Respite
4. Client Assistance Program (CAP)
5. PACTT (Parent & Children Together at Tech – a day care program in Georgetown.)
6. Housing Development – Pioneer House & Garrett House Apartments
7. Public Education & Advocacy
8. Adults for Action

Volunteers are always welcome at UCP. For volunteer opportunities call the UCP office at (302) 764-2400, or visit the UCP web site at:

www.ucpde.org

Below is a description of UCP's services listed above.

1. Case Management

The Case Management program is the glue that holds UCP's other services together (i.e. Respite Care, Durable Medical Equipment Grants, Summer Camps). When a family or an adult with a disability contacts the agency for the first time for assistance, the initial contact is with the Case Manager. That person knows the scope of UCP's services; and, more importantly, the scope of services in the community. The Case Manager puts the family in contact with what they need - either from UCP or from another agency. The Case Management program is the entry point for services; and, from UCP's perspective, is one of the agency's most important programs.

The Case Manager at UCP can wear many hats. In southern Delaware the Case Manager is also the Kent - Sussex Director and, as such, is responsible for all of the agency's service for those counties. The Case Managers also supervise all of the agency's respite care programs, and durable medical equipment fund.

2. Summer Day Camping

Camp Manito, serves children in New Castle County and Camp Lenape provides services for children who live in Kent and Sussex Counties. Manito and Lenape are the only summer day camping programs for children with orthopedic disabilities in Delaware. The camps are open to children ranging in age from 3 to 21 with Cerebral Palsy, Muscular Dystrophy, Spina Bifida and other disabilities. Both camps, which primarily serve children with orthopedic disabilities, are also open to children without disabilities.

The programs share several common and important features. Both campsites are ideal for campers with disabilities because of the unique accessibility. The outside grounds have paved walkways for easy access for those who use wheelchairs. The setting offers campers an enriched program and promotes the campers' independence while building their self-esteem. Each camp has a swimming pool with an accessible in-pool ramp. The camps have outside pavilions for camper activities and playground equipment for the campers' enjoyment. Both campsites offer activities such as swimming, arts & crafts, music, nature, sports programs and computer enrichment. The camps also feature special guests and outings.

UCP staffing structure consists of a Director, Assistant Directors, Nurse, Senior Counselors, Junior Counselors and volunteers. UCP hires adults with disabilities to be part of its staff. Many of the adults with disabilities that UCP hires attended the camp as children. The staff and volunteers assist the campers to participate in various activities. The staff also assists with the daily personal care of the campers.

Volunteers age 14 and older are one of the most important aspects of UCP's day camps. UCP tries to recruit one volunteer for each camper to assist with the camper's daily activities. The staff and the volunteers go through a 3-day orientation program that certifies them in CPR and First Aid, they are also taught how to handle and care for a person with disabilities. Many life-long friendships grow from this experience. In addition, many of the volunteers return in future years to be part of the paid staff.

Camp Manito and Camp Lenape are both open for seven weeks each summer. The program is open from 7:00 a.m. to 6:00 p.m., so that parents can drop off their child at the camp.

3. Respite Care

Respite Care is a service of temporary relief that enables a family caregiver to take a "time out." Since many of the people whom UCP serves are people with severe disabilities, families are not always able to find a person with the experience or knowledge to care for the person with the disability while the family care giver takes some time for themselves. The UCP Respite Care program fills that need through its Community Respite Care program, Weekend Respite, and Rec-n-Respite.

The Community Respite Care program is a service staffed by five full time respite workers statewide. The workers visit a family once a week, once every two weeks, or once a month. The visits are two to four hours in length. Whenever possible the person with a disability sets up what he or she would like to do during respite time. This allows for growth and independence. UCP will take people shopping, to medical appointments, and to other places in the community. UCP uses vans equipped with wheelchair lifts to help program participants access the community. UCP mostly serves adults in the Community Based program.

Weekend Respite is a weekend, overnight service that UCP holds 4 - 10 times a year, depending on funding. The program serves children and adults, though mostly children at present. The program is run at the UCP Center for Southern Delaware, and is staffed by two trained respite workers per weekend.

Rec-n-Respite is a Saturday drop-in program that UCP has operated in cooperation with New Castle County Department of Parks and Recreation. The program runs two sessions per Saturday (A.M. and P.M.) and is open almost year round.

4. Client Assistance Program (CAP)

The Client Assistance Program is a federally funded program that exists in all fifty states. In Delaware, UCP is the Designated Agency for the CAP program. CAP is a disability rights program for adults with disabilities who are served by their state Division of Vocational Rehabilitation and other rehabilitation programs. The CAP program assists people through the complicated process of rehabilitation so that people with disabilities can become employed.

5. PACTT

The PACTT (Parents and Children Together at Tech) is a cooperative program between the Sussex Technical High School and UCP. UCP began its involvement with the program 1998. The program has been successful in many areas, and in 1998 received a Super Stars in Education Award from the Delaware State Chamber of Commerce, and in 2005, received the Governor's Award for the Best Day Care Program in Sussex County. A developmentally appropriate program is in place to help children grow physically,

socially, emotionally, and intellectually. Diagnosis and treatment of children with special needs occurs at the center or children are transported for services as required.

The PACTT program addresses a variety of needs in Sussex County:

- Parents of children with disabilities received access to quality childcare in a setting with other children who are not disabled.
- High school students with children are able to get reliable and affordable childcare.
- Sussex Tech Adult Education students received safe, reliable evening care for their children.
- Sussex Tech students enrolled in the Children's Education and Services program could be part of a convenient state-licensed childcare facility to practice theory and skills they have learned.
- Community members, including Sussex Tech staff received quality, affordable, convenient childcare.

6. Housing Development – Pioneer House

UCP developed and opened the first Assisted Living home for adults with physical disabilities in Delaware, the Pioneer House. UCP developed the funding for acquisition and renovation of the residential home. Pioneer House provides community living for 4 residents. The day to day program in Pioneer House is run by a provider agency under a contract with the Delaware Division of Services for Aging and Adults with Physical Disabilities.

UCP is also currently working with other agencies to build more accessible housing in Delaware. UCP has received from the City of Wilmington a new piece of property that the agency will develop into affordable and accessible housing for people with physical disabilities. In 2006, UCP has received a HUD grant of nearly \$800,000 to build a small apartment building on this site provide by the City of Wilmington.

7. Public Education & Advocacy

This program has two aims: (1) To provide the public with information about Cerebral Palsy and how people who have this condition can be equal members of our society; (2) To urge communication, assembly, and action on identified issues concerning the needs and rights of people with Cerebral Palsy and other disabilities.

8. Adults for Action (AFA)

Adults for Action is a group of independent adults who are interested in letting the general public know more about Cerebral Palsy and disabilities in general. Many of the members are persons with disabilities, such as Cerebral Palsy, Spina Bifida, Muscular Dystrophy, and others forms of disability. In addition to Advocacy and Public Education, AFA hosts monthly social functions for their membership. Their activities are sponsored by United Cerebral Palsy of Delaware, Inc.

Final Thoughts

If there is one common thread that runs through UCP's programs and services, it's that

our programs address the need for successful community living and community integration for adults and children with Physical Disabilities. Our programs attempt to answer three essential questions for successful community living for persons with disabilities:

1. How can my family or I maintain ourselves in the community and avoid institutional placement?
2. How will I get the rehabilitation services I need to get a job?
3. What support services does my family need to help maintain our integrity as a family?

We believe that our programs underline what UCP values most:

A Quality of Life
In A
Community of Equals