

CELEBRATE INTELLECTUAL/ DEVELOPMENTAL DISABILITIES AWARENESS MONTH

OVERCOMING SOCIAL ISOLATION DURING THE PANDEMIC... with Help From UCP Seguin

As COVID-19 emerged in March 2020, Amanda, resident of a UCP Seguin group home in Oak Park, was presented with a major dilemma. With a dual diagnosis of intellectual disabilities and bipolar disorder, she asked the question: how would she cope with challenges brought on by the pandemic?

Initially UCP Seguin was ordered to close its day services sites, including the Levinson Center in Oak Park where Amanda received life skills training and other services to promote community integration. She had to “shelter-in-place” in her group home. Amanda faced social isolation and the potential of worsening mental and physical health. UCP Seguin deployed day services staff to her group home to ensure around-the-clock provision of enrichment activities, therapy, and other interventions.

Using her iPad, Amanda has participated in remote Zoom video activities, such as cooking and fitness classes, conducted by day services staff. With assistance from Board Certified Behavior Analyst Dana Pavlik, Amanda has helped conduct a weekly class for other participants called “Fun Times With Dana: Let’s Get Social!” In these classes, participants are presented with a basic understanding of the new norm and how best to cope with it.

With UCP Seguin support, Amanda has been “Alone Together” with the community, succeeding in overcoming the challenges of her dual disabilities and the COVID-19 pandemic.

UCP Seguin of Greater Chicago believes that all people, regardless of ability, deserve to achieve their potential, advance their independence and act as full members of the



community. So we stop at nothing to provide life skills training, assistive technology, meaningful employment and a place to call home for people with disabilities, as well as specialized foster care for children. Our goal: life without limits for people with disabilities.

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I/DD CONSORTIUM

Community Support Services
cssservices.org

Oak Leyden Developmental Services
oak-leyden.org

Oak Park Township Senior Services
oakparktownship.org/senior-services

Opportunity Knocks
opportunityknocksnow.org

PACTT Learning Center
pactt.org

Progress Center for Independent Living
progresscil.org

Riveredge Hospital
riveredgehospital.com

Suburban Access, Inc.
subacc.org

The Answer, Inc.
theanswerinc.org

UCP Seguin of Greater Chicago
ucpseguin.org

West Suburban Special Recreation
wssra.net

**Community Mental
Health Board**
of Oak Park Township



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