



**“We all  
have ability.  
The difference  
is how we  
use it.”**

— Charlotte Whitton

## casa’s support plans - part eight

*This year we are discussing the components of Casa’s Support Plans, highlighting one each month. Please take this opportunity to learn more about these plans and the impact they have on our residents. Our subject this month is **PERSONAL CARE**.*

Many of us may not notice, but we spend a lot of time and energy on personal care; bathing, skin care, brushing our teeth, combing our hair, and the like. For most of us these routines become second nature and are part of our daily routine. For adults with disabilities however implementation and consistency can be difficult which is why this is an important area of our support. Appropriate personal care skills are essential when it comes to first impressions, social interactions, employment and community integration. For example; if you meet someone with “bedhead” and food in their teeth you will likely question their competence and will most certainly not consider them for a promotion or job opportunity. Someone with poor hygiene and self-care will often miss out on social opportunities because people are uncomfortable being honest with them, fearing they may hurt their feelings. At Casa we don’t have an established “dress code” and our support varies with each individual and their needs.

Every evening our staff offers “Personal Appearance” support, working with residents who need assistance with things such as brushing their teeth, shaving, wardrobe coordination, application of necessary lotions/creams, etc. Some require only training but for many, they need ongoing support to ensure these important skills are completed correctly. Scheduling and arranging transportation to grooming appointments, and similar needs is also part of our personal care support. Another component is our hosted “Fashion Show” where resident’s receive staff support modeling appropriate clothing and grooming. This is an effective way to illustrate the benefits of good personal care while having fun at the same time! Often before resident’s head out to work staff will provide a friendly reminder to recomb their hair or adjust an outfit, trying to ensure they look their best before they clock in.

At Casa we want every resident to look their best and we encourage personal expression within the confines of appropriate dress. We recognize that some people are more “put together” than others and that’s ok. The important principal is we want to provide ongoing education and support to ensure personal care needs don’t negatively affect relationships, work opportunities and community interactions. Personal care is a subject that is often overlooked but we believe it is a key element to living an independent life in a dignified manner.



**2018**

**Join Us For Our  
Community Dinner  
October 24th**

*Dinner is held at Casa de Amma and begins at 5:30 pm.  
Includes a short program, dinner and dessert.*

**Benefit Dinner Fundraiser**  
Saturday, October 13th

**Holiday Community Dinner**  
Wednesday, December 12th



## Save The Date!



**Our Benefit Dinner Fundraiser is just over  
two months away, October 13th!**

Hopefully you’ve received the save the date and invitations should be in the mail soon.

The theme for this year’s evening is “Here We Grow Again - Celebrating Abilities, Cultivating Independence.” We will focus on the wonderful growth and amazing abilities our residents possess. We will be joined by a wonderful professional entertainer and be treated to a sit-down dinner. Even more important though we will hear and see residents and families as share stories of growth, ability and independence.

As a non-profit organization we rely on fundraising. Tax deductible donations to Casa de Amma support our unique program which has served as a model to many throughout the world. As an independent apartment community, we focus on independence, personal growth and support for special need adults who often fall through the cracks of traditional services. We have had many individuals and organizations consult with us as they work to establish their own similar programs, and we have also expanded our offsite supported living services for some of those who are on our waiting list. As we plan and work to make this night a success I want to ask for help from the friends of Casa in getting Live Auction items for our event.

We have some great items currently but need your help to get more!

*Here We  
Grow Again!*

**We are in need of any  
of the following:**

**Vacation homes  
or timeshare properties**

**Golf lessons with a pro,  
foursome at an exclusive  
course, etc.**

**Airline Miles**

**Hotel packages**

**Electronics**

**Tickets to sporting event  
or theatre**

**Unique Experiences**

**Dining**

**Memorabilia**

This is an extremely important part of our event and the success of the night. Thank you for considering how you can help us with these needed items. If you have any questions, please don’t hesitate to call.



[www.casadeamma.org](http://www.casadeamma.org)

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