



**Experience  
Life's Possibilities**

Programs & Services for People  
with Developmental Disabilities

# CATALYST LIFE SKILLS PROGRAM

Adult Day Program focused on teaching and practicing meaningful life skills that empower members to thrive in their everyday lives.

## 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. 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. 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](http://ExperienceCEL.org/Catalyst)





# 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 Catalyst program has challenged and encouraged Nick to do more than he thinks he can. It has become Nick’s community and I am grateful that he feels loved, challenged, and accepted exactly where he is. Catalyst has been life-giving to our family.”

*-Laura D., Mother to Catalyst Member Nick*



*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](https://ExperienceCEL.org/Catalyst)**