

*Everyone has the right to live, work and
recreate in their community*

Independent Living Skills

One-on-one support for those who live independently or are preparing to move out on their own.

- Emergency readiness
- Money management
- Internet safety
- Health & wellness
- Relationships & sex education
- Housing search
- Meal planning/shopping/cooking skills

Vocational Services

Individual job placements for those who want to be employed in the community.

- Job interest/skills assessment
- Creating/updating a resume
- Building job skills
- Applying for jobs
- On-the-job training
- Continued support

Day Service

Community integration skills and educational classes in a small group setting either in the community or at our site.

- Self-advocacy
- Volunteer activities
- Recreational outings
- Health & exercise programs
- Bike & pedestrian safety
- Utilizing public transit
- Accessing the community

Transitional Services

Services for high school students with intellectual and developmental disabilities ages 18-22.

- Learning responsibility and independence
- Building vocational skills
- Choice of participating in Day Service (above)

ALIVE Employment Services

Business success means having reliable, dedicated employees. ALIVE's employment service uses trained Support Specialists and offers the type of employees businesses need.

The right employee for the job

ALIVE conducts a Job Site Analysis to match potential employee talents with employer needs.

• **Job Training**

Job trainers work with employers to develop a successful training program.

• **Continued Support**

Our job trainers are a resource for both the employer and employee.

Our employment service provides hard working and dedicated workers. Employers experience low employee turnover. Workers with disabilities have above average safety records.



"ALIVE totally changed my life."

ALIVE consumers have worked for Quincy Natural Foods, Pet Country Feed N Tack, Plumas Rural Services, Safeway, Round Table Pizza, and many other Plumas County businesses.

Updated 05/2021



ALIVE

In Plumas County



ALIVE is a non-profit service committed to supporting people with intellectual and developmental disabilities live productive and enriching lives.

(530) 283-0111

alive@PlumasRuralServices.org

www.PlumasRuralServices.org

Adults for
Learning & growing
Integration in community
Vocations of choice
Enthusiasm for life



“I came to ALIVE to learn social skills and learn about my community.”

Am I eligible?

You can join ALIVE if you are 18 or older and you have an intellectual or developmental disability or other special needs.

How do I join ALIVE?

Please call Plumas Rural Services at 283-0111 for more information on how you can join.

Potential consumers are screened by Far Northern Regional Center, which is a non-profit agency that assists people with developmental disabilities and their families.

Will I get a job?

ALIVE will help you build the skills you need to apply for jobs. We will assist you to find transportation to your job and will work to help you succeed.



“I go on trips, recycle and bowl, and I love getting to try new activities.”

What will I do at ALIVE?

ALIVE offers a full week of fun and enriching activities including classes on cooking, art, computers, and literacy skills. In addition ALIVE teaches life skills and vocational skills in our one-on-one services that are individualized to each person's skills, wants, and needs.

ALIVE offers trips for bowling, fishing, picnics, health club activities, community exploration and much more. We meet with other programs, and ALIVE hosts an annual dance.

You will learn to speak for yourself through our self-advocacy support group meetings. You have choices and can take charge of what you want to do.

All of our activities are voluntary.

Where will I live?

You may want to live independently or with your parents/guardians. ALIVE can assist you in finding affordable housing. You will be given the tools to live on your own and learn how to make your home safe and comfortable.

Can I choose the services I participate in?

Absolutely! ALIVE is a choice service, which means all individuals can select the type of support and services they receive based on their own wants and needs.

Where do I learn more?

If you would like to read more about our services, or if you are interested in learning how you can support the ALIVE program, please visit us as:

www.PlumasRuralServices.org/alive



“I now have the chance to learn new things and I choose what to do in my life.”