



# ACCESS LIFE



*ACCESS Life is a unique program for adults emphasizing community integration and vocational training preparing individuals to be a part of their community. Opportunities include culturally enriching community outings, engaging social activities and daily fitness.*

## who we serve

Young adults ages 18-35 with disabilities looking to:

- Make friends
- Enjoy their community
- Find a job
- Volunteer and help others
- Find their purpose
- Gain independence

Call 501.217.8600  
or unlock more information at

[accessgroupinc.org](http://accessgroupinc.org)



“ACCESS Life answers the need of young adults with developmental disabilities. My daughter wants what everyone else wants.”  
Carla Gregg, parent

ACCESS Life provides a foundation for individuals to become connected in the community.



### Employment Preparation

Daily experiences include a variety of employment settings with ACCESS Gardens and ACCESS Ceramics, and with other local industries such as: retail, food services, distribution, environmental services, and childcare.



### Daily Living Skills

Students are given opportunities to use the ACCESS apartment to practice cooking and general cleaning tasks. They also learn the importance of self-care skills such as hygiene, personal appearance, budgeting and financing, appropriate attire, home management and safety.



### Healthy Lifestyle

Members of ACCESS Life are given the opportunity to learn about and practice healthy lifestyle choices. From learning about and preparing healthy food choices to weekly yoga, swimming, and visits to the fitness center, healthy habits are enforced throughout the program.



### Leisure Activities

Through project-based learning as well as structured time throughout the course of this class, students begin to explore various leisure interests. Community outings expose students to different types of hobbies and activities.



### Community Involvement

ACCESS Life members engage in numerous volunteer efforts throughout the community, giving these young adults opportunities to participate in gratifying activities while practicing different social and leisure skills.



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of our story...



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