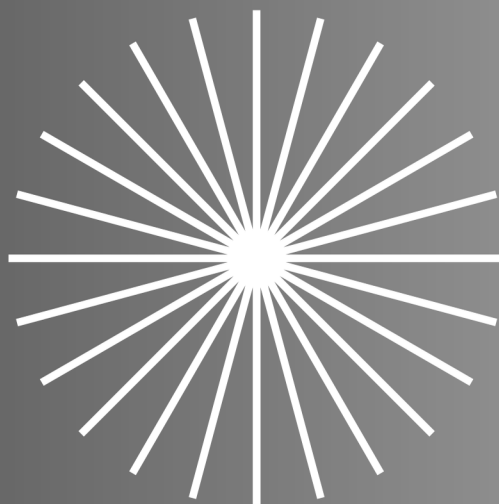




MOJO FAMILY CARE



Mojo Family Care

DDD Service Guide





Mojo Family Care

MOJO FAMILY CARE

MISSION:

*To foster independence
and meaningful
participation for
individuals with IDD
in their communities
through innovative,
compassionate, and
individualized support.*

VISION:

*A world where
individuals with
IDD are fully
included, respected,
and empowered.*

MoJo Family Care aims to provide high-quality support services for individuals with intellectual and developmental disabilities (IDD). With a focus on independence, inclusion, and personalized care, we seek to empower individuals to thrive in their communities, while providing families with the support they need. Our services are delivered through tailored service programs that fully equip individuals with IDD to reach their full potential and allowing them to thrive personally, professionally, and socially.

As an advocate and ally to the IDD community, MoJo Family Care actively pursues business relationships and community partnerships that empower the local community in accessibility and inclusion for IDD individuals. With every client we have the opportunity to dispel myths and defy expectations. We invite you to join us on our mission to fulfill our vision of a truly inclusive society.

HOW TO USE THE SERVICE GUIDE

Dear Reader,

As a trailblazer in the IDD community, MoJo Family Care has created engaging and enriching service programs that are used to deliver services. These service programs are tailored to the specific service that the individual is approved to receive. We also have stand alone specialty programs that can be implemented across various service types/codes. All of our service programs and additional programs fulfill our vision and mission of a truly inclusive society. These service programs are creating pathways of growth and development that lead to an increased level of independence, self-esteem, and skills & abilities. An individual can choose to participate in all of the service programs listed under a service or just one service program from that service. We always create a customized plan of action, of what we're gonna do, an implementation plan, of how we're going to do it, and contingency plans that provide alternatives. We constantly review all plans for efficacy and progress which dictate any necessary adjustments. Receive the care you deserve !

-MoJo Family Care

SERVICES

- Individual Supports
- Community-Based Support
- Community Inclusion
- Prevocational Training
- Supported Employment
- Career Planning
- Behavior Supports
- Natural Supports Training
- Respite

SERVICE REQUEST

Client Name:

Date:

Client Phone Number:

Client Guardian Name(if, applicable):

Client Guardian Phone Number:

Support Coordinator Name:

Support Coordinator Phone:

Support Coordinator Email Address:

Support Coordinator Agency Name:



Individual Supports



Supported Employment



Community Based Supports



Career Planning



Community Inclusion



Behavior Supports



Prevocational Training



Natural Supports Training



Respite



Additional Service Programs

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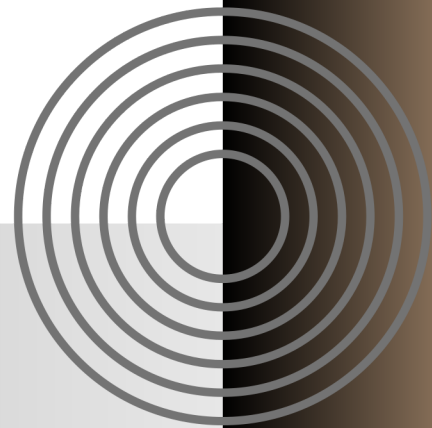
Additional Programs

50

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01

INDIVIDUAL SUPPORTS SERVICE PROGRAMS

Program Purpose: To help individuals with intellectual and developmental disabilities (IDD), increase independence, build confidence, and develop practical life skills to use in the home and in the community. **These are the programs that MoJo Family Care utilizes to implement Individual Support services.**

My Daily Life

-Home & Personal Skills Coaching

Designed to: Teach individuals with IDD to manage their day independently with structured support.

Key Components of Program:

- Creation and usage of visual time management schedules
- Developing and maintaining housekeeping routines (i.e., laundry, dishes, organizing)
- Meal prep and healthy eating
- Dressing appropriately for weather/events
- Learning basic first aid and safety at home

Money Smarts

-Financial Responsibility Program

Designed to: Develop an individual-with-IDD's money management and budgeting skills.

Key Components of Program:

- Creating and following a monthly budget
- Practice using cash, debit cards, and budgeting apps
- Understanding bills, savings, and needs vs. wants
- Use of shopping trips to practice price comparison and spending limits

Our Service Programs

01

INDIVIDUAL SUPPORTS SERVICE PROGRAMS

Social Life 101

-Relationship & Social Skills Coaching

Designed for: Individuals with IDD to build friendships, learn about setting boundaries, what constitutes a healthy relationship and communicating effectively.

Key Components of Program:

- Learning how to start and maintain conversations
- Recognizing social cues and body language
- Learning to effectively set boundaries, saying “no”, & appropriately responding to “no”
- Learning how to navigate dating and safe social media use
- Learning how to plan social outings (movie night, hangouts, meetups)

Let's Work!

-Independence Through Vocational Practice

Designed for: Help individuals with IDD prepare for future employment or volunteer roles.

Key Components of Program:

- Understanding punctuality, responsibility, and hygiene
- Transportation training (bus routes, Uber, walking)
- Experiencing mock work shifts at the agency or with community partners
- Exposure to tasks like stocking, sorting, filing, and cleaning

Strong Body, Strong Mind

-Wellness & Fitness Routine

Designed to: Promote physical health and emotional regulation for individuals with IDD.

Key Components of Program:

- Weekly fitness goals completed by walking, gym, dance, yoga, etc.
- Tracking water intake, diet, and sleep
- Cooking simple healthy meals/snacks
- Journaling and mindfulness

Our Service Programs

01

INDIVIDUAL SUPPORTS SERVICE PROGRAMS

Street Smarts

-Community Safety & Navigation Program

Designed to: Teach individuals with IDD independence and safety in the community.

Key Components of Program:

- Crossing streets, using crosswalks and public transit
- Using GPS and reading maps
- What to do when lost or in danger
- Understanding police, fire, EMS and when to call 911
- Stranger danger and handling emergencies

Build-a-plan

-Goal Setting & Progress Tracking

Designed to: Empower individuals with IDD to set and achieve personalized goals.

Key Components of Program:

- Weekly check-ins with DSP to reflect on progress
- Use of visual goal charts or apps
- Celebrate milestones with rewards or outings
- Teach problem-solving when things don't go as planned

Creative You

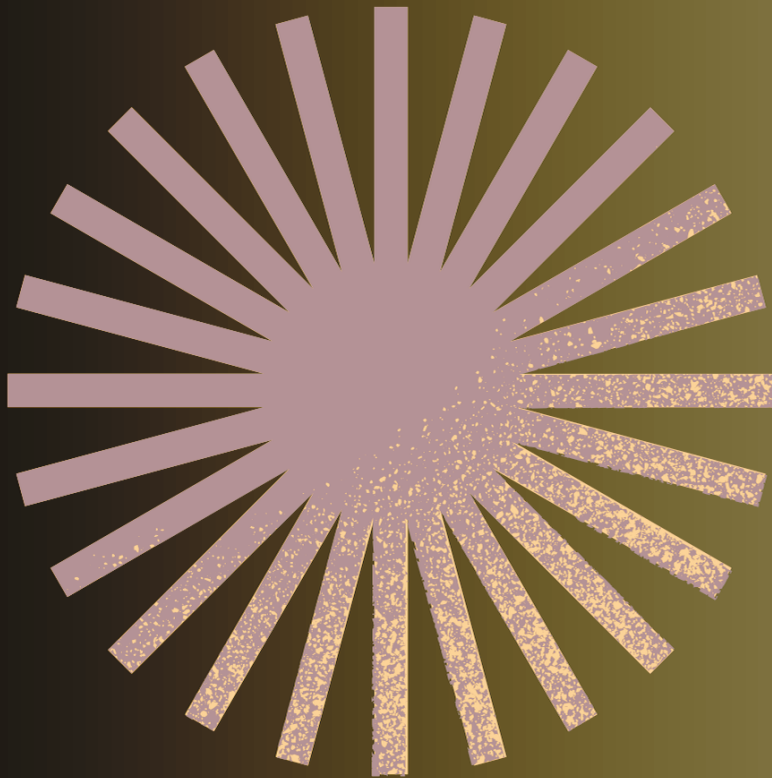
-Hobbies & Self-Expression Program

Designed to: Encourage engagement in meaningful leisure activities.

Key Components of Program:

- Music, art, photography, blogging, or podcasting opportunities
- Participation in local events or clubs related to interests
- Setting up a hobby business (e.g., sell art, crafts, poems), if desired
- Volunteering in areas that match personal passions

RECEIVE THE CARE YOU DESERVE !



MoJo Family
Care is here for
you, to be your
partner in
progression. We
want to see you
reach for the
stars without
hesitation !

02

COMMUNITY- BASED SUPPORT SERVICE PROGRAMS

Program Purpose: Focused on real-world skill-building, social connection, and independence in the community by providing supportive and enriching experiences that build confidence and life skills. **These are the programs that MoJo Family Care utilizes to implement Community Based Support services.**

Out & About

-Weekly Community Life Skills Adventures

Designed to: Build an individual-with-IDD's independence and comfort while navigating public places.

Key Components of Program:

- Library visits (using a library card, checking out books)
- Grocery shopping with a list and a set budget
- Ordering food at a restaurant or coffee shop
- Using public transportation for simple roundtrips
- Visiting town center, the post office, or the bank with guided support

Community Fit Club

-Health & Wellness in Public Spaces

Designed to: Promote fitness using local resources.

Key Components of Program:

- Walking at parks, boardwalks, or malls (weather-based)
- Attending community fitness classes (yoga, Zumba, walking groups)
- Use of local gyms
- Healthy smoothie-making or meal prep using farmers market produce
- Monthly fitness challenge with rewards (e.g., “walk 10 blocks/day”)

Our Service Programs

02

COMMUNITY- BASED SUPPORT SERVICE PROGRAMS

Know Your Neighborhood

-Community Safety & Navigation

Designed to: Individuals with IDD to learn how to safely navigate and participate in the community.

Key Components of Program:

- Map reading and route planning with public transit
- Practice using crosswalks, street signs, and GPS apps
- Role-play on how to ask for help or report an emergency
- Visits to police and fire departments to build trust and familiarity
- Attending local community board meetings or town events

Social in the City

-Friendship & Socializing Practice

Designed for: Individuals with IDD to practice making and maintaining friendships in real-life settings.

Key Components of Program:

- Group hangouts at cafes, diners, bowling alleys, or arcades
- Attending public events like concerts, fairs, or library workshops
- Planning parties or outings with input from participants
- Agency facilitation of group introductions, learning popular games, and discussion starters

Civic Life & Volunteer Days

-Giving to Your Community

Designed to: Assist individuals with IDD to engage in meaningful charitable and volunteer work.

Key Components of Program:

- Volunteer at animal shelters, soup kitchens, or community gardens
- Help set up or clean up at local churches and church events
- Join local clean-up days or park beautification efforts
- Create care packages or cards for nursing homes or homeless

Our Service Programs

02

COMMUNITY- BASED SUPPORT SERVICE PROGRAMS

Budget & Buy

-Community-Based Financial Literacy

Designed to: Teach Individuals with IDD financial responsibility while shopping locally.

Key Components of Program:

- Comparing prices at different stores
- Handling cash/card transactions independently
- Learning how to identify scams or impulse buying traps
- Attending community banking workshops and/or meeting with a bank representative

Arts in the Community

-Culture & Creativity Exploration

Designed to: Empower an individual with IDD to participate in public art, music, and cultural offerings..

Key Components of Program:

- Visiting art galleries, museums, and public installations
- Attending music performances or theater in the local area
- Participation in public paint nights, open mic nights, or craft fairs
- Join a local art club or performance group

Life of a Local

-Independent Living Community Practice

Designed to: Allow individuals with IDD to apply home-life skills in real-world settings.

Key Components of Program:

- Go shopping for toiletries or cleaning supplies
- Meal planning followed by grocery store shopping
- Practice making appointments at a local barber, doctor, or DMV
- Visiting laundromats or doing laundry with public access machines



MoJo Family Care
is here to help you
accomplish more!

03

COMMUNITY INCLUSION SERVICE PROGRAMS

Program Purpose: To get individuals with IDD actively involved in their community by intentionally building relationships, seeking opportunities for community participation, and finding a sense of belonging in public settings. **These are the programs that MoJo Family Care utilizes to implement Community Inclusion services.**

In the Mix

-Inclusive Community Clubs

Designed to: Help participants join existing community clubs and activities.

Key Components of Program:

- Joining a local library book clubs or crafting groups
- Attending community rec center classes (art, dance, cooking)
- Participating in hobby-based meetups (e.g., chess, gardening, photography)
- Supporting individuals with IDD in becoming members of community centers, gyms, churches

Community Connectors

-Volunteer Engagement Program

Designed to: Promote meaningful, consistent volunteer work.

Key Components of Program:

- Volunteering at animal shelters, community gardens, or soup kitchens
- Peer support roles in schools, churches, or hospitals
- Group volunteering with local civic groups like Rotary, Lions Club
- Help organize local donation drives (food, clothing, toys)

Our Service Programs

03 COMMUNITY INCLUSION SERVICE PROGRAMS

Voices in Action

-Self-Advocacy & Civic Participation

Designed to: Help individuals with IDD speak up, take action, and be heard in their communities.

Key Components of Program:

- Attend town halls, school board meetings, or city council events
- Speaking at disability awareness events
- Joining local advisory boards or accessibility committees
- Partner with local government to improve inclusive practices

Art for All

-Community Creativity & Expression

Designed for: Integrate individuals with IDD into public arts and cultural programs.

Key Components of Program:

- Partner with community centers or studios for public exhibitions
- Submit art to local fairs, contests, or mural projects
- Participate in open mic nights or talent shows
- Collaborate with local musicians or artists for public performance

Neighborhood Navigators

-Daily Life in the Community

Designed to: Assist individuals with IDD to engage in meaningful charitable and volunteer work.

Key Components of Program:

- Regularly shop at the same local stores to build relationships
- Get to know baristas, clerks, and community helpers
- Visit farmers markets, flea markets, and food trucks
- Engage in informal neighborhood events (block parties, yard sales)
- Create “Inclusion Passports” for each participant which is a checklist of places they want to explore and integrate into.

Our Service Programs

03 COMMUNITY INCLUSION SERVICE PROGRAMS

Faith & Fellowship

-Inclusion in Spiritual Communities

Designed to: Support participation in the individual-with-IDD's chosen faith community.

Key Components of Program:

- Attend regular services, support groups, or study sessions
- Join choir, usher teams, or volunteer groups
- Build relationships with faith leaders
- Work with churches/synagogues/mosques to improve accessibility

Campus Inclusion

-Engage in Local Adult Learning

Designed to: Connect individuals with IDD with community education and enrichment opportunities.

Key Components of Program:

- Attending community college continuing ed classes (e.g., computer basics, cooking, ESL)
- Utilize local libraries for educational offerings such as, technology or literacy programs
- Join writing groups, foreign language groups, or history clubs offered by library or applicable community center

We Belong

-Community Inclusion Showcases

Designed to: Celebrate inclusion using a community showcase for highlighting individuals-with-IDD's talents and abilities.

Key Components of Program:

- Organize an annual "Inclusion Fair" open to the public that utilizes individuals with and without IDD as performers. Featuring talent shows, art exhibits, and panel talks with individuals with IDD, family and caregivers.
- Give "Community Ally Awards" to businesses or leaders promoting inclusion
- Utilize partnerships with local media to share success stories



Mojo Family Care

MoJo Family Care

**IS
READY
TO
MAKE
AN
IMPACT
IN YOUR
LIFE !**

PREVOCATIONAL TRAINING SERVICE PROGRAMS

Program Purpose: Building foundational skills, behaviors, and confidence that prepare individuals with IDD for future employment but does not yet place them in job roles. The emphasis is on discovery, routine-building, and skill development in a structured environment. **These are the programs that Mojo Family Care utilizes to implement Prevocational Training services.**

Work Habits 101

-Foundational Employment Skills

Designed to: Teach essential workplace behavior and soft skills to individuals with IDD.

Key Components of Program:

- Learning how to follow instructions and completing tasks
- Punctuality and time tracking with visual timers
- Accepting feedback and supervision
- Staying focused and on-task
- Understanding work and break routines
- Role playing different workplace scenarios
- Weekly mock “clock in/out” practice

Task Mastery Lab

-Hands-On Skill Stations

Designed to: Build hands-on, transferable work skills in a simulated setting.

Key Components of Program:

- Office skills: shredding, stuffing envelopes, filing alphabetically
- Retail: tagging, folding, organizing display shelves
- Assembly: putting kits together, packaging items
- Janitorial: wiping tables, sweeping, organizing supplies
- Kitchen prep: measuring, organizing ingredients, dishwashing

PREVOCATIONAL TRAINING SERVICE PROGRAMS

Ready to Interact

-Social Skills for Workplaces

Designed to: Teach communication and professional behavior in work environments using social stories, peer modeling, and communication scripts.

Key Components of Program:

- Greeting coworkers and supervisors
- Small talk and appropriate conversations
- Asking for help or clarification
- Handling conflict and peer pressure
- Appropriate use of technology (phones, headphones)

What's Out There?

-Career Awareness & Exploration

Designed to: Help individuals with IDD learn about different job types and what they involve.

Key Components of Program:

- Job matching interest assessments
- Guest speakers from local businesses
- Virtual job tours (YouTube or Zoom)
- Create career "vision boards"
- Job matching games and "day-in-the-life" presentations

Follow the Routine

-Schedule & Responsibility Building

Designed to: Help individuals with IDD follow structured daily routines similar to a workplace.

Key Components of Program:

- Set daily start times, break times, and wrap-ups
- Assign rotating responsibilities (e.g., attendance check, supply organizer)
- Use visual or digital schedules for self-management
- Reward system for punctuality and participation

Our Service Programs

04

PREVOCATIONAL TRAINING SERVICE PROGRAMS

At Your Service

-Customer Service Skills Lab

Designed to: Prepare for service-based roles through structured simulations.

Key Components of Program:

- Role-playing with mock customers
- Practicing polite language and problem-solving
- Handling returns or complaints calmly
- Simulated environments like a retail counter or front desk

Work Smart

-Executive Functioning & Workplace Thinking Skills

Designed to: Build memory, problem-solving, and task planning for job prep.

Key Components of Program:

- Matching tools to tasks
- Organizing supplies in correct sequence
- Identifying what to do when you don't know what to do
- Step-by-step task cards with pictures and prompts
- Group projects that require planning and collaboration

“

It's time to write your story on your terms. Never before has a service provider been so invested in the success of every individual serviced. Whatever your goals are, MoJo Family Care is here to be your partner in successfully accomplishing your goals.

”



05

SUPPORTED EMPLOYMENT SERVICE PROGRAMS

Program Purpose: Provide structured, meaningful, and person-centered employment support for individuals with IDD, while building confidence, real-world experience, and long-term job sustainability. MoJo Family Care builds relationships with local businesses, training on inclusive hiring, disability awareness and creating accessible onboarding material. **These are the programs that MoJo Family Care utilizes to implement Supported Employment services.**

Job Discovery Lab

-Career Exploration & Matching

Designed to: Help individuals with IDD discover career interests and strengths.

Key Components of Program:

- Taking career interest inventories and visual preference assessments
- Workplace tours of local businesses
- Guest speakers from different industries
- Create “Job Vision Boards” based on preferences and strengths
- Match individuals with trial tasks or job shadowing based on findings

Try It Out!

-Real-World Job Sampling Program

Designed to: Provide short-term placements for individuals with IDD in multiple job environments.

Key Components of Program:

- 1- or 2-day unpaid job trials at businesses that support inclusive hiring
- DSP or Job Coach present to provide coaching and assess environment fit, including a checklist for skill development and interest level which helps to identify ideal pace, setting, and job type
- Placement in seasonal work positions such as seasonal stock worker, Santa’s helper, etc.

SUPPORTED EMPLOYMENT SERVICE PROGRAMS

Work Ready Bootcamp

-Employment Preparation Series

Designed to: Build essential soft skills for job success.

Key Components of Program:

- Time management and punctuality
- Grooming and dress code practice
- Workplace communication and teamwork
- Following multi-step directions
- Managing anxiety or frustration at work

Supported Start

-Onboarding & Job Orientation

Designed for: Ensure smooth transition into competitive employment.

Key Components of Program:

- Job site analysis and accommodation planning
- Daily coaching during first weeks of employment
- Gradual fade-out model with check-ins
- Use of visual schedules or apps (e.g., TimeTimer, Todoist) to support independence
- Agency works with employers to create inclusive orientation materials

Speak Up at Work

-Workplace Self-Advocacy Training

Designed to: Help individuals with IDD understand their rights and how to communicate their needs.

Skills Taught:

- How to ask for help or clarification
- How to report issues or request accommodations
- Understanding what is and isn't appropriate at work
- Knowing workplace rights under the ADA and NJ law
- Role play difficult conversations with supervisors or coworkers

05 SUPPORTED EMPLOYMENT SERVICE PROGRAMS

Grow on the Job

-Career Advancement & Retention

Designed to: Support individuals in moving beyond entry-level work.

Support Includes:

- Identify interests for cross-training or promotions
- Enroll in certificate or skill-building classes (e.g., ServSafe)
- Develop leadership skills (mentoring, leading small tasks)
- Coaching for increased hours, responsibilities, or pay negotiations

Work It Weekly

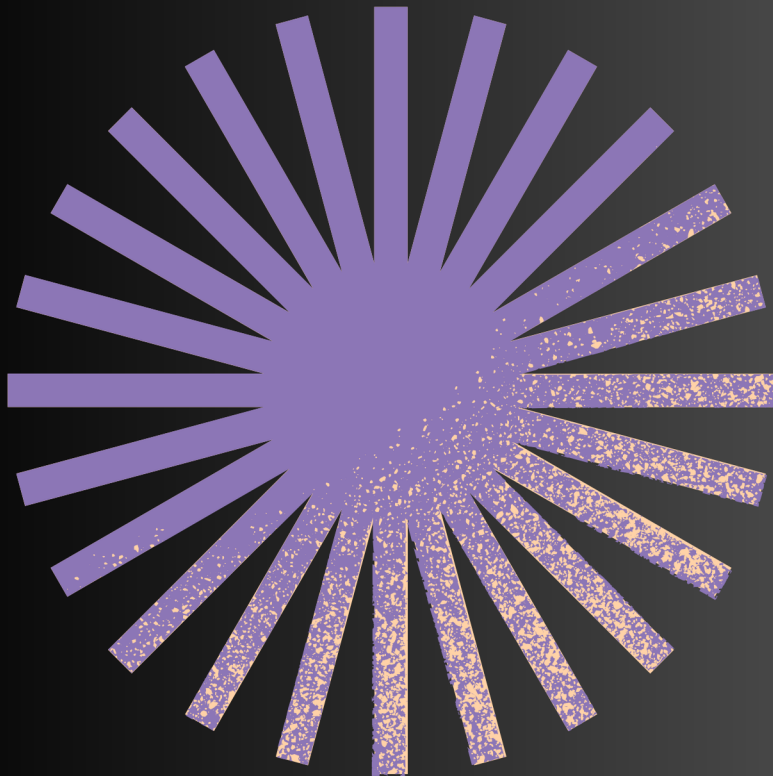
-Job Coaching & Check-In Groups

Designed to: Provide consistent peer and DSP support to those employed.

Key Components of Program:

- Weekly group meetups (in person or virtual) to share wins/challenges
- Troubleshooting job-related issues with coach guidance
- Skill refreshers based on real experiences (e.g., how to handle rush hour, tech issues)
- Peer-to-peer support encouraged through “Work Buddies”

PERSON- CENTERED, CUSTOMIZED CARE STARTS HERE.



It's our process
to get to know
each individual;
their wants,
needs, and
desires, to then
work those into
smart goals
which set us on a
path to
accomplishment!

CAREER PLANNING SERVICE PROGRAMS

Program Purpose: Assist individuals with intellectual and developmental disabilities to identify career interests, build vocational self-awareness, and create a step-by-step plan toward employment without yet engaging in direct employment or job coaching which are a part of Supported Employment. **These are the programs that MoJo Family Care utilizes to implement Career Planning services.**

Find My Future

-Career Discovery Workshops

Designed to: Help individuals with IDD explore careers that match their interests and strengths.

Key Components of Program:

- Use of tools like the ONET Interest Profiler (visual or modified version)
- Creation of personal "Career Vision Boards"
- Watch "A Day in the Life" videos of different jobs
- Do interest-based interviews: "What do I like to do with my hands? With people? Alone?"

Career Snapshots

-Job Exploration Series

Designed to: Introduce participants to a wide variety of industries and roles.

Key Components of Program:

- Weekly themes: food service, retail, landscaping, childcare, hospitality, tech, etc.
- Hear from guest speakers (employers, employees with IDD)
- Go on virtual or in-person business tours
- Create "job snapshots" folders with visuals, duties, educational experience and required skills for each job title

CAREER PLANNING SERVICE PROGRAMS

My Career Roadmap

-Personalized Planning Sessions

Designed to: Guide individuals with IDD through building a customized plan toward employment.

Key Components of Program:

- Identify dream jobs and realistic first steps
- Create visual roadmaps with short-, mid-, and long-term goals
- Break down big goals into daily/weekly tasks
- Family involvement: include natural supports in brainstorming and support roles

Work Talk

-Vocational Communication Skills Program

Designed for: Prepare individuals with IDD to talk about their goals and needs during job-related situations.

Key Components of Program:

- Introducing yourself in professional settings
- Talking about your interests and skills
- Explaining what support/accommodations you need
- Role-playing interviews, phone calls, and info sessions

Shadow Days

-Observation Program

Designed for: Individuals with IDD to observe real job environments without working.

Key Components of Program:

- Partner with local inclusive employers for job shadowing (1–2 hours)
- Observe tasks, routines, pace, environment, and people
- Reflect afterward using visual worksheets: What did I like? What was hard to watch?
- Compare environments: loud vs. quiet, fast-paced vs. slow, physical vs. seated

CAREER PLANNING SERVICE PROGRAMS

Career Skills Tracker

-Goal Monitoring Tool

Designed to: Help individuals with IDD document what they're learning as they move toward employment.

Includes Tracking Of:

- Punctuality, communication, focus
- Physical stamina, fine motor skills, computer use
- Likes/dislikes by job type or setting
- Resume or portfolio building blocks

Job Hacks & Life Facts

-Career Readiness Education

Designed to: Teach practical knowledge related to having and keeping a job.

Key Components of Program:

- VGetting to work: transportation options and planning
- What to wear (uniforms, casual, formal)
- What a paycheck looks like (gross/net, taxes)
- Time sheets, clocking in/out, lunch breaks
- Legal rights and appropriate workplace behavior

Career Circle

-Peer Support & Discussion Group

Designed to: Provide a safe space for individuals with IDD to talk about dreams, fears, and experiences around work.

Key Components of Program:

- Weekly themed conversations (e.g., “My first work experience,” “What scares me about working,” “Jobs I never want”)
- Setting weekly mini goals
- Bring in a working peer mentor with IDD to share success stories

HELPING OUR CLIENTS REACH THEIR FULL POTENTIAL *is our business oath.*

MoJo Family Care pledges to continue to be an advocate for individuals with IDD, to constantly seek out learning & development opportunities along with life enriching activities that empower their autonomy over self and their social interactions.



BEHAVIOR SUPPORTS SERVICE PROGRAMS

Program Purpose: behavioral outcome. All individuals receiving Behavioral Supports have a behaviorist and will have a personalized behavior support plan developed using Functional Behavioral Assessments (FBAs). Achieving goals will require and include weekly team meetings of client, staff, family, and behaviorist, and regular data collection for plan updates. Families and caregivers are trained on implementing behavior strategies, positive reinforcement techniques, redirection and de-escalation, and structured routines as a preventative measure. **These are the programs that MoJo Family Care utilizes to implement Behavior Support services.**

Social Success Circles

-Peer-based behavioral support group

Design: Utilizing trained higher-functioning or experienced individuals to model and reinforce positive behavior in peers. Rooted in group-based social skills training using role play, modeling, and peer feedback to encourage positive interpersonal behaviors.

Key Components of Program:

- Conflict resolution games
- Weekly peer-buddy check -ins with mentors trained in supporting others
- Emotion identification and regulation techniques
- Practicing greetings, conversation starters, and boundaries

Peace of Mine

-Calm Corners & Regulation Rooms

Designed to: Create calming spaces within personal spaces and teach individuals with IDD how to self-regulate using sensory tools and coping strategies.

Key Components of Program:

- headphones
- Visual cue cards for expressing feelings
- Calm-down protocols taught and rehearsed

07 BEHAVIOR SUPPORTS SERVICE PROGRAMS

For the Win

-Token Economy Goal Tracking Program

Designed to: Introduce a reward system to promote positive behavior and skill-building.

Key Components of Program:

- Individuals earn tokens for targeted behaviors (e.g., staying on task, using kind words)
- Tokens exchanged weekly for rewards (e.g., preferred activities, small items)

A Centered Me

-Mindfulness Program

Designed for: Teach participants to use breathing, movement, and mindfulness to manage emotions.

Key Components of Program:

- Weekly mindfulness group (meditation, stretching, guided breathing)
- Use of apps like Calm or Breathe2Relax
- Journaling, coloring, or drawing emotions

My Emotions, My Rules

-Behavior Mapping Program

Designed to: Use visual mapping and social stories to help individuals understand the connection between emotions, triggers, and outcomes.

Key Components of Program:

- Color-coded behavior maps
- “What Happened?” review sessions
- Creation of personal storybooks or comic strips about choices and consequences

“

*Let's work together !
You will be successful with our
support, a customized plan, and
maintaining your schedule.*

”



NATURAL SUPPORTS TRAINING SERVICE PROGRAMS

Program Purpose: Assisting unpaid caregivers, family, friends, neighbors, and community members in gaining the skills and knowledge needed to support individuals with IDD in natural, sustainable, and empowering ways. **These are the programs that MoJo Family Care utilizes to implement Natural Supports Training services.**

Support Starts at Home

-Family Skill-Building Series

Designed to: Equip family caregivers with practical strategies to support individuals with IDD in their independence and daily living at home.

Key Components of Training:

- Creating structured routines
- Supporting communication and choice-making
- Reinforcing hygiene, dressing, and cooking skills
- Using visual schedules and checklists
- Setting expectations and giving positive feedback
- Monthly in-person or virtual workshops
- Interactive guides and take-home tools
- One-on-one in-home coaching sessions

Understanding Me

-Person-Centered Behavior Support Training

Designed to: Help natural supports understand the individual's needs, triggers, and best practices.

Key Components of Training:

- Reading and following a behavior support plan (BSP)
- Recognizing early signs of frustration or anxiety
- Using positive reinforcement and de-escalation techniques
- Creating calming environments and sensory-friendly routines
- Quick-reference visual guides for family or roommates

NATURAL SUPPORTS TRAINING SERVICE PROGRAMS

Talk with Me

-Communication Support Training

Designed to: Individuals with IDD to learn how to safely navigate and participate in the community.

Key Components of Training:

- Using AAC devices, picture exchange (PECS), and communication boards
- Building a communication-rich home environment
- Encouraging self-expression, choices, and social interaction
- Avoiding learned helplessness and over-prompting
- Provide a laminated “Home Communication Toolkit” tailored to the individual.

My Community Crew

-Natural Supports in the Neighborhood

Designed for: Train neighbors, peers, and local allies to be effective and safe natural supports.

Key Components of Training:

- Knowing how to welcome and engage individuals with IDD
- Knowing what to do if an individual with IDD gets lost or upset in public
- Communicating respectfully and clearly with individuals with IDD
- Encouraging independence in public environments
- Creation of “How to Support Me” cards or badges for individual with IDD recognizable to trained natural supports

Supported Decision-Making

-Advocacy & Independence Building

Designed to: Teach natural supports how to empower the individual with IDD to make their own choices.

Key Components of Training:

- What is supported decision-making vs. substitute decision-making
- When to offer choices and how to phrase them
- Letting individuals experience safe consequences
- Documenting preferences in a “Choice Binder”

Our Service Programs

08

NATURAL SUPPORTS TRAINING SERVICE PROGRAMS

Caring Confidently

-Resilience & Resource Training for Caregivers

Designed to: Support caregivers' well-being and long-term sustainability.

Key Components of Program:

- Avoiding burnout and practicing self-care
- Managing crisis moments calmly
- Navigating the DDD system, services, and community resources
- Building a personal support network
- Peer-led caregiver circles
- Mental health check-in events
- Local resource guides

Real-Life Coaching

-In-the-Moment Support Training

Designed to: Offer direct, live coaching to natural supports during everyday routines.

Key Components of Program:

- Coaching parents during meal prep to encourage independence
- Teaching siblings how to help with conflict resolution
- Supporting a roommate in teaching budgeting or household chores
- DSP shadows and models strategies and then coaches the natural support in their attempt
- Follow-up summaries are sent home

The background of the entire page is a large, textured purple leaf, possibly a geranium leaf, with prominent veins and a slightly serrated edge. The leaf is set against a dark grey background.

MOJO FAMILY CARE CREATES GOAL-ORIENTED, RESULTS-DRIVEN PROGRAMMING

specifically catered to
YOU!

**Based on your personal interests and development goals.*

RESPITE SERVICE PROGRAMS

Program Purpose: To give caregivers a break while offering engaging, safe, and enriching experiences for individuals with intellectual and developmental disabilities. Respite can be delivered in- or out- of the home. **These are the programs that MoJo Family Care utilizes to implement Respite services.**

Relax & Recharge

-In-Home Comfort Respite

Designed to: Provide calm, low-stimulation activities in the individual's home where the DSP is providing companionship and supervision while respecting routines and preferences.

Key Components of Program:

- Watch favorite movies or shows together
- Listen to music or audiobooks
- Do puzzles, color, or look through photo albums
- Gentle movement (e.g., stretching, chair yoga)
- Guided relaxation with aromatherapy or sensory tools

House Fun Day

-Themed Home-Based Activity Days

Designed to: Create fun, structured, themed days without leaving home by implementing rotating themes throughout the period to keep interest high.

Key Components of Program:

- Spa Day” – DIY facials, nail painting, relaxing music
- “Cooking Day” – Make simple snacks or meals together
- “Game Day” – Board games, bingo, card games
- “Art Day” – Painting, collage, or seasonal crafts

09 RESPITE SERVICE PROGRAMS

Buddy Break

-Peer Group Respite Events

Designed to: Provide short-term group respite that's fun and social, including pick up and drop off with daily activity summaries.

Key Components of Program:

- Small group size (4–8 individuals max)
- Held at agency site, church, school, or park
- Games, music, dancing, snacks, and supervised free time
- Staff-led mini crafts or challenges

A Fun Day Out

-Community-Based Respite

Designed to: Empower an individual with IDD to participate in public art, music, and cultural offerings.

Key Components of Program:

- Bowling, arcade, or trampoline park
- Visits to the aquarium, zoo, or museum
- Local festivals, movie theaters, or mall outings
- Parks with picnic lunches and games
- Structured hourly blocks: art, movement, snack, movie, games
- Guest visitors: music therapist, therapy dog, magician
- Take-home crafts and pictures for families

Creative Calm

-Sensory-Friendly Respite Program

Designed to: Offer downtime for individuals with IDD that have high sensory needs or anxiety, and who may need a quiet break from stimulation or routine changes.

Key Components of Program:

- Dim lighting, soft music, and fidget materials
- Weighted blankets, bean bags, and tactile activities
- Calm coloring, kinetic sand, bubble tubes

Our Service Programs

09 RESPITE SERVICE PROGRAMS

StoryTime & Snacks

-Evening or Weekend Wind-Down

Designed for: Provide a cozy, quiet environment for relaxation and supervision.

Key Components of Program:

- Book reading (paper or audiobook)
- Hot cocoa, popcorn, or soft snacks
- Pajamas optional theme nights
- Journaling, coloring, or gratitude circle after story

Overnight Escape

-Weekend Overnight Respite

Designed to: Provide supervised, safe overnight care in a home-like or hotel setting.

Key Components of Program:

- Making sure sleep areas are comfortable
- Evening activities (movie, dance party, campfire stories)
- Morning breakfast preparation
- Staff trained in overnight monitoring and personal care

ADDITIONAL PROGRAMS



SOUND STEPS

Music Production Program

Empowering Creativity through
Music for Individuals with IDD

Facilitator: Direct support professional (DSP) with music production experience.

Program Format: In-home sessions with Mobile Studio, sessions at an external studio, and public engagements.

Time Commitment: 24 weeks

Program Objectives

- Teach music production and recording skills
- Encourage self-expression and confidence through music
- Create a finished musical product (song/EP/album)
- Offer performance and community showcase opportunities
- Promote long-term development in creative arts and employment pathways

Program Timeline

Assessment & Orientation (Week 1-2)

- Map reading and route planning with public transit
- Practice using crosswalks, street signs, and GPS apps
- Role-play on how to ask for help or report an emergency
- Visits to police and fire departments to build trust and familiarity
- Attending local community board meetings or town events

Home Mobile Studio Sessions (Week 3-15)

- Weekly 1–2 hour sessions with the DSP focused on:
- Basic music theory & beat making
- Digital Audio Workstation (DAW) use (e.g., GarageBand, FL Studio, Logic Pro)
- Recording vocals/instruments
- Songwriting and lyrics support
- Audio editing & arrangement

Our Additional Programs

SOUND STEPS

Music Production Program

Empowering Creativity through
Music for Individuals with IDD

Program Timeline

Studio Recording Sessions (Weeks 16–19)

- Booked time at a professional, accessible recording studio
- Final recording and vocal production with support staff
- Guidance from a certified sound engineer

Post-Production & Product Completion (Weeks 20–24)

- Mixing and mastering tracks
- Design of artwork (if applicable)
- Uploading to platforms (YouTube, SoundCloud, CD Baby)
- Final product: digital album, downloadable audio, or physical CD

Performance & Showcase Opportunities

- Host or participate in local IDD-friendly community concerts
- Partner with NJ-based organizations like The Arc, Performers with Purpose, or churches
- Organize an annual talent showcase for participants
- Collaborate with other DDD providers or day programs

Advancement & Career Opportunities

- Mentorship: Connect with musicians or producers for ongoing mentorship
- Internships: Connect with local studios or music organizations
- Skill development: Continue advanced DAW training, marketing, or event planning
- Employment: Consider micro-enterprise development (selling beats, performances, teaching peers)

Our Additional Programs

SOUND STEPS

Music Production Program

Empowering Creativity through
Music for Individuals with IDD

Staffing Roles

Role	Responsibility
DSP (Direct Support Professional)	Facilitate weekly sessions, transport/setup mobile studio, support learning and goals
Studio Technician	Provide in-studio recording and engineering support
Program Coordinator	Manage scheduling, partnership with studios, showcase events
Music Mentor	Provide virtual or in-person coaching, feedback, and encouragement

DDD Compliant Service Type

- Community-Based Supports
- Individual Supports
- Career Planning (specific employment-related goals are developed)
- Prevocational Training (skill-building for future work is emphasized)
- Supported Employment

Program Benefits

- Builds confidence, self-esteem, and communication
- Develops transferable technical and creative skills
- Enhances quality of life through purposeful engagement
- Encourages social inclusion and community presence

STRONG PATH

Sobriety Support Program

Empowering Individuals with IDD to maintain sobriety through organized support

Facilitators: Specially trained Direct Support Professionals (DSPs), Certified Peer Support Specialists, and Program Coordinator

Program Format: In-community group sessions and 1 on 1 sessions.

Time Commitment: 1 or 2 hrs daily, 3-5 days a week

Program Objectives

- **Maintain Sobriety:** Provide ongoing coaching, supervision, and reinforcement to help participants avoid substance use.
- **Relapse Prevention:** Teach coping skills and triggers management through guided role-play, journaling, and reflection.
- **Life Skills Development:** Support daily routines, hygiene, time management, financial planning, and health-focused decision making.
- **Build Support System:** Encourage participation in sober peer groups, support meetings (NA/AA/SMART Recovery), and family communication.
- **Healthy Alternatives:** Engage in hobbies, fitness, music, creative arts, and volunteering to replace unhealthy habits.

Program Components

Recovery Education

- Weekly topic sessions (What is addiction, triggers, boundaries, etc.)
- Simple, visual materials adapted for IDD learners
- Video lessons, interactive worksheets, and role-playing

1-on-1 Coaching

- Daily or weekly check-ins with DSP or sober coach
- Discuss emotions, cravings, wins, and challenges
- Create “My Sobriety Plan” and update weekly

STRONG PATH

Sobriety Support Program

Empowering Individuals with IDD to maintain sobriety through organized support

Program Components

Relapse Prevention Toolkit

- "My Trigger Tracker" (visual aid for logging triggers)
- "What to Do Instead" coping card deck
- Sobriety buddy system or on-call DSP access (non-clinical)

Healthy Lifestyle Activities

- Join a fitness program (walking, gym, yoga)
- Learn to cook healthy meals
- Replace idle time with hobbies (music, gardening, crafts)

Reflection & Journaling

- Guided daily journaling: "How I Feel Today," "What Helped Me Stay Sober"
- Simple checklists for emotion tracking
- End-of-week group journaling recap

Peer Support Group

- Map reading and route planning with public transit
- Practice using crosswalks, street signs, and GPS apps
- Role-play on how to ask for help or report an emergency
- Visits to police and fire departments to build trust and familiarity
- Attending local community board meetings or town events

Our Additional Programs

STRONG PATH

Sobriety Support Program

Empowering Individuals with IDD to maintain sobriety through organized support

Staffing & Support

- DSPs trained in substance use awareness and positive behavior supports
- Weekly supervision by Program Coordinator or Behaviorist
- Optional collaboration with mental health providers

Materials

- Visual Sobriety Trackers: My Sobriety Plan, Trigger Tracker
- Sobriety Badge or Keychain for milestones
- Printed worksheets with large font and icons
- Laminated role-play scripts and coping strategies for home use
- Personalized Sobriety Binder for each participant containing all relevant information on client's sobriety journey, goals, progress and outcomes

DDD Compliant Service Type

- Community-Based Supports
- Individual Supports
- Community Inclusion

Program Benefits

- Dedicated partner and individually centered action plan
- Monthly progress review with client and guardian
- Track incidents of cravings, usage, and successful coping
- Client goal-setting every 30 days (with visuals)
- Prioritizes the need to achieve and maintain sobriety
- Provides relatable and habit forming techniques that can become foundational to their success.

Our Additional Programs

FIT 4 LIFE !

Fitness Program

Empowering Individuals with IDD
through Wellness & Fitness

Facilitator: Direct support professional (DSP) with fitness training experience.

Program Format: In-home sessions, in-gym sessions, sessions at an external studio, along community engagement opportunities.

Time Commitment: 2-3 sessions weekly

Program Objectives

- Promote physical health, mobility, and strength.
- Encourage social engagement and confidence through group and community-based fitness.
- Create structured progression and recognition opportunities.
- Improve daily living through increased physical independence.

Program Components

In-Home Fitness (DSP-Led)

Frequency: 2–3x per week

- Warm-up Routines: Stretching, joint mobility exercises.
- Strength & Balance Training: Bodyweight squats, resistance bands, light dumbbells.
- Cardio Activities: Marching in place, jumping jacks, stationary bike (if available).
- Mindful Movement: Breathing exercises, yoga poses for relaxation and flexibility.

Community Engagement Fitness (DSP-Led)

Frequency: 2–3x per week

Local Gym Membership

- DSP assists participant in joining a local inclusive gym (e.g., Planet Fitness, YMCA).
DSP supports:
- Orientation and equipment familiarization.
- Tracking gym visits and progress.
- Social interaction and confidence building.

Our Additional Programs

FIT 4 LIFE!

Fitness Program

Empowering Individuals with IDD
through Wellness & Fitness

Program Components

Community Engagement Fitness (DSP-Led)

Frequency: 2–3x per week

Adaptive Fitness -Kickboxing

- Utilize local kickboxing studios or adaptive fitness trainers.
- Class frequency: 1x per week.

Focus on:

- Coordination, discipline, and self-esteem.
- Simple combinations, pad work, group drills.

Community Engagement Fitness (DSP-Led)

Frequency: 2–3x per week

Community Fitness Groups

- Join walking, Zumba, or fitness groups such as tai chi or yoga groups.
- Participate in local Special Olympics and approved fitness programs.

Accountability & Positive Reinforcements

Level	Title	Criteria	Reward
1	Mover	Complete 4 weeks of attendance	Certificate & water bottle
2	Builder	Learn 5+ strength moves & 3+ gym visits	Fitness Shirt
3	Challenger	Complete Kickboxing series	Medallion
4	Achiever	3 mo. of consistent activity	Framed award & celebration
5	Ambassador	Support peers in fitness	Ambassador badge

Our Additional Programs

FIT 4 LIFE!

Fitness Program

Empowering Individuals with IDD
through Wellness & Fitness

Program Timeline

Week 1–2: Onboarding

- Assess individual's health status.
- Identify participant's fitness interests and goals.
- Sign gym membership.
- Identify preferred fitness classes and schedules.

Week 3–4: Routine Building

- Start with home fitness (15–30 min sessions).
- Begin accompanying participant to gym and group classes.
- Introduce tracking tools (simple log with stickers or checkmarks).

Month 2–3: Progressive Engagement

- Begin advancement path and recognition.
- Increase intensity and variety based on ability and interest.
- Encourage social engagement during sessions.

DDD Compliant Service Type

- Community-Based Supports
- Individual Supports
- Community Inclusion

Program Benefits

- Physical health improvements (weight, stamina, flexibility).
- Increased independence.
- Achievement of advancement levels.
- Community engagement opportunities with :
 - Special Olympics New Jersey fitness clubs and events.
 - Local YMCA adaptive programs.
 - Fitness for All (NJ) – inclusive trainers and programs.

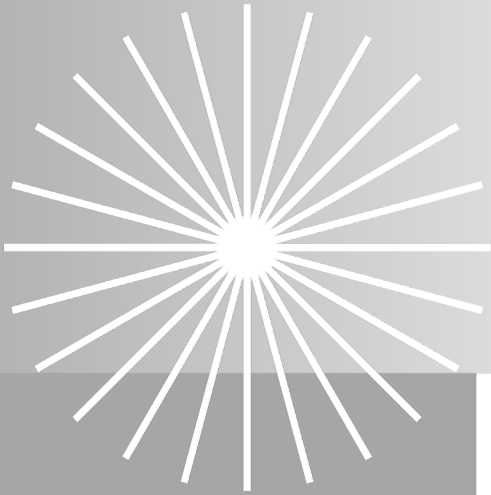
MoJo Family Care

is committed to transforming lives by creating pathways to independence and inclusion for individuals with IDD. With a strong foundation of community collaboration, personalized care, and a sustainable business model, we are setting the standard in the care received by Providers. Our strategy aims to equip individuals with IDD with the tools and resources they need to thrive. We offer comprehensive services that champion accessibility, quality, and sustainability, enabling us to strengthen families, support caregivers, and enhance the lives of individuals with IDD. By prioritizing self-sufficiency, confidence, and skill building in our services, we actively work towards a society where individuals with IDD feel valued, respected, and are engaged. Through strategic partnerships and advocacy and providing opportunities for ongoing education and training, inclusion becomes a norm rather than an exception.

-MoJo Family Care



MoJo Family Care



Starting Your Services With MoJo Family Care is simple. Email info@mojofamilycare.com to set up a discovery call for more information. Include any background information you are comfortable providing, along with the services you're interested in receiving . We will respond with a sample plan based on the information provided and allow you to confirm your discovery call appointment.

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