

# Life Options Program

for adults with intellectual disabilities



INDIVIDUALIZED CARE



TRAINING & EDUCATION



VOCATIONAL SUPPORT



LIFE ENRICHMENT



BENEVOLENT CARE



## The Life Options Program:

*A time-tested tradition at Marbridge*



Ed and Marge Bridges established Marbridge on June 1, 1953, as the culmination of a dream to provide a loving home for their son, Jim, and other adults like him who had intellectual disabilities. Providing a wide array of training and life enriching activities is a long-standing tradition at Marbridge.



From the earliest days, our founders sought to provide vocational training and leisure opportunities that would instill purpose and provide dignity to the lives of Marbridge residents. Our Life Options Program accurately sums up the work we do at Marbridge, the work that has always been done here.

The Bridges faced many hurdles in bringing Marbridge to reality, but faith sustained them, and faith remains as the cornerstone of our care today. For now and ever more, Marbridge will continue to be “a place where all the Jims can feel loved and accepted.”

## THE FIVE FUNDAMENTALS OF OUR LIFE OPTIONS PROGRAM:

### 1 Individualized Care



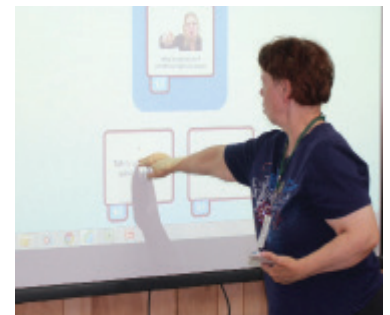
A plan to meet the unique needs, abilities and goals of each resident forms the foundation of our Life Options Program.



### 2 Training & Education



We offer more than 150 different training opportunities each week in a semester-based program that continually evolves to meet residents' changing needs and interests.





## Three care levels allow Marbridge to serve a wide range of disabilities

*Residents may move between levels, depending on skills and needs*



The **Village Semi-Independent Care Center** is a neighborhood of 15 six-person cottages nestled along a tree-lined drive on the Marbridge campus. It provides a semi-independent, supervised lifestyle to residents who require some guidance and support with daily living activities. Many Village residents hold jobs in the greater Austin community. Some prefer to work on campus, while others simply enjoy the training classes and activities available on campus and in the Austin area.



The **Ranch Assisted Living Care Center** provides a structured, assisted living setting with 24-hour awake staff. Two dormitories provide comfortable rooms, a dining hall, activity areas and lounge areas. Ranch residents enjoy a wide range of activities on campus as well as in the Austin community. Residents desiring and capable of employment often work in campus jobs. A staff of resident trainers provides supervision and assistance with daily living as well as life-enriching activities.



The **Villa Skilled Nursing Center** and **The Bridges Skilled Nursing & Rehabilitation Center** provide for individuals who require 24/7 skilled nursing care. The Bridges provides recovery care from illness or medical procedures. Both provide skilled nursing care to residents within and outside of Marbridge. The Villa enables Marbridge to provide lifetime care to aging Marbridge residents, a unique capability in the U.S.

### 3 Vocational Support



More than 35 residents hold jobs in the greater Austin community. Another 47 work in a variety of on-campus jobs. We offer excellent support and training to residents who desire employment.

### 4 Life Enrichment



Parties, games, dances and other special events occur weekly on our campus. Residents also enjoy hobbies, friendships, sports and exercise, equine and horticulture therapy, Bible study, music and drama, and a wide range of community outings.

### 5 Benevolent Care



As a faith-based, non-profit organization, our mission includes a program to accommodate adults with intellectual disabilities who may need some assistance to meet tuition expenses, particularly if they have outlived family resources and would face leaving the only home they have known in adulthood.



## Encouragement to make choices in a safe, structured community



The current buildings that make up The Ranch community have a long, happy history—they were part of the original Marbridge campus. Future plans call for the construction of a new Ranch community featuring a neighborhood of 12-person casitas.

Currently, two comfortable dormitories provide a safe, supportive environment of assisted living for adults with developmental disabilities and cognitive challenges, allowing them to live independent from family, while supported by 24-hour awake staff.



Whether your adult is leaving home for the first time, or has lived in other care settings, your loved one will find a new life at Marbridge filled with training opportunities and fun activities. Resident trainers and instructors work with each resident as well as family members to develop an Individual Program Plan (IPP) to meet your loved one's goals and interests.



Training schedules may include opportunities ranging from sports and music to developing job skills and mastering functional academics.

Tuition for The Ranch is private pay only. Medicaid is not accepted; however, many families apply Social Security or other benefits to help meet the monthly cost of tuition.





### A community built around personal growth and success

As Marbridge’s most independent community, The Village provides 90 residents the freedom to learn, experience and achieve a new life of supervised independence. Fifteen lovely cottages form a neighborhood that encourages friendship and belonging.

Village residents are assisted in making choices that help them improve life skills and build self-esteem. Through the development of an Individual Program Plan (IPP), each resident, along with family members, works with staff to determine goals and the type of training needed to assist the resident. Each resulting schedule of training, work and leisure opportunities reflects the resident’s desires and interests, and no two schedules at Marbridge are alike.

Residents who live in independent cottages cook their own meals. Others enjoy dining with friends in the spacious community center dining room. Many residents work in the community and utilize public transportation systems to travel to work and for outings with campus friends.

Tuition for The Village is private pay only. Medicaid is not accepted; however, many families apply Social Security or other benefits to help meet the monthly cost of tuition.





## THE VILLA AT MARBRIDGE



Daily activities keep Villa residents engaged and happy



## THE BRIDGES AT MARBRIDGE



Rehabilitative care in a homelike, 5-bed, pastoral setting

The Bridges Skilled Nursing & Rehabilitation Center provides rehabilitative care in a home-like environment. The Bridges is a fully equipped 1,200-square-foot rehabilitation center provides for patients' physical and occupational therapy needs and promotes a more efficient return to health and improved mobility. Our serene, comfortable surroundings promote recovery from surgery, stroke or other medical conditions. The Bridges serves Marbridge residents as well as patients from the communities surrounding Marbridge.

## NEW ENRICHMENT CENTER!



Adults who require professional nursing and/or rehabilitative medical care can enjoy many of the on-campus social activities while under 24-hour, round-the-clock licensed medical supervision. In addition to the licensed medical care, residents will find an unusually full schedule of games, activities, and opportunities offered on campus as well as frequent town trips and Austin community outings. An individual, comprehensive care plan is developed for each resident. The Villa accepts private pay, Medicaid and Medicare.

- Transitional care facility that feels like home
- 5-bed capacity for adults 18+
- Extra large rooms
- Individual telephones
- Wireless internet
- Flat-screen televisions
- Elegant, home-like décor
- Large great room/gathering area
- Manicured landscaping and outdoor lounge areas
- Private entrance behind the Villa
- Private setting with pastoral views
- Full-service rehabilitation center



## The Marbridge Training & Education Program encourages residents to discover new interests, develop abilities and improve skills

## OPPORTUNITIES TO LEARN



Our Training & Education Program is a customized training program based on the theory of multiple intelligences. We work with adults ages 18 to 80 with a variety of intellectual disabilities, and we believe all of our residents have the ability and learn in different ways.

Our program integrates education, employment, socialization, recreation and independent living skills. Individuals who have a musical ability may be more interested in drum therapy, choir, or music therapy. Individuals with a kinesthetic ability may be more interested in sports, equine therapy or working outdoors whereas an individual with a naturalistic ability may enjoy gardening, fishing or learning about plants in our greenhouse.

Our ultimate goal is to assist each resident in being as independent as possible in a safe and loving environment. We encourage residents to try a variety of training opportunities, because many times they do not know their strengths or what they might enjoy.

Resident schedules are based on realistic goals of the resident, family members and staff. Top goals frequently include improving social skills, attending activities, exercise and weight loss, improved personal hygiene, and finding appropriate employment.



### Core Skills Training

- Skills for Life
- Women's Health & Hygiene
- Men's Health & Hygiene
- Money Management
- Academic Skills Improvement  
(Math & Reading)
- Basic Reading

### Current Electives

- General Art
- Draw/Paint
- Glass Art
- Scrapbooking
- Photography
- Gardening
- Horticulture Therapy
- Nature & Fishing
- Animal Planet
- Mind Games
- Stage
- Drama
- Choir
- Fabric Art
- Sound Tracks for  
Understanding
- Email & Letter Writing
- Ceramics
- Current Events
- Movie Art
- Senior Art
- Washers
- Geography
- Cooking
- Music Therapy
- Drum Therapy



# Employment training & job placement services

*For residents who desire employment as a life goal*

Finding jobs for residents who desire employment is one of our key training priorities. At Marbridge, Job Skills Training differs from what most families encounter in high school or other care communities, where a job coach accompanies the individual and stands by them all day, or where residents work in on-site workshops. Our program trains residents to be independent employees—in either on-campus jobs or off-campus employment in the greater Austin area. Either way, we offer job skills training only to residents who list employment as a goal he or she wants to achieve.

## CLASSROOM INSTRUCTION SUPPORTS ON-THE-JOB TRAINING

Classroom job skills training complements on-the-job training, and many residents begin here to prepare for employment opportunities. In the classroom, residents work on honing their interviewing skills. They also learn appropriate on-the-job behaviors, including how to dress, the importance of reliability and on-time arrival, and how to handle a wide range of interactions with bosses and co-workers.

## ON-CAMPUS EMPLOYMENT

Some residents desire on-campus employment, and job opportunities exist in a variety of departments on campus, including laundry, landscaping, dietary or janitorial.

## OFF-CAMPUS EMPLOYMENT

When selecting employers in the community, we look for a safe environment, appropriate hours and supportive management. Each resident employee must be able to function independently and safely in order to work in a community-based job. However, our two, full-time resident employment coordinators provide in-depth support for both the resident employee and the employer on an ongoing basis.

Marbridge is fortunate to count many companies in the greater Austin area as employment partners.





## LIFE IS GOOD AT MARBRIDGE

### ***Our Life Enrichment Program Objectives:***

- Improve health through activity & exercise.
- Provide for spiritual and emotional needs.
- Add joy to life through outings and special events!

Leisure training is a vital part of the Life Enrichment Program offered at Marbridge. Whether residents walk, bike, garden, play sports, go on outings or attend special events and parties, the general idea is to encourage them to learn to use their leisure time to improve overall health, vitality and enjoyment of life.



### **MARBRIDGE PROVIDES MANY OPPORTUNITIES FOR SPORTS AND EXERCISE TRAINING**

- Cardio • Fitball • Softball • Equine Therapy • Track & Field
- Swimming • Bocce • Bowling • Basketball • Elder Sports
- Weight Training • Flag Football • Walking • Yoga • Golf
- Shape-Up—Dance for Exercise • Couch to 5K Running Training • Regional and State Special Olympic Participation

### **ELECTIVE OPPORTUNITIES**

- Out-to-Lunch • Museum Trips • Movies
- Local Parks • Plays and Musicals • Picnics
- Sporting Events & Festivals • Camping Trips
- Sea World and Fiesta Texas
- Bible Study • Chapel Services
- Church and Sunday School



## Helping long-term residents stay in the home they love

As part of our faith-based mission to provide the option of lifetime care to adults with intellectual disabilities, Marbridge has established a Benevolent Care Fund that currently provides tuition assistance to 12 individuals within our resident population. The fund is reserved for residents who have lived at Marbridge for a minimum of 25 years and who have outlived their family's estate or financial resources and for whom a move away from Marbridge would bring potentially adverse affects in terms of adjustment and an ensuing decline in emotional and physical health. In addition to outliving family resources, most residents receiving benevolent care have also outlived all or most of their family members. Marbridge, therefore, stands in the place of family.

The Benevolent Care Program combines funds from individual pledges, organizational donations and foundation grants to cover the amount needed annually to provide care to residents who lack financial resources.

As a non-profit organization, Marbridge strives to keep its tuition rate affordable for as many families as possible. Currently, tuition revenues account for 70 percent of the funds needed to provide care to Marbridge residents. Financial support helps us bridge the gap that includes benevolent care, which comprises 25 percent of our annual fundraising needs.



## Camp Marbridge reaches out to young adults

*A weeklong opportunity to experience independence within a supervised setting*



- 360 CAMPER CAPACITY
- Eight one-week sessions
- Full time camp coordinator and full-time counselors with experience and/or training in special education or related fields
- Arts, crafts, music, games
- Swimming
- Sports
- Horseback riding
- Community outings

*To inquire about Marbridge Summer Camp, contact Admissions at 512.282.1144.*



Note: Individuals with a **primary diagnosis of mental health disorder** are not candidates for admissions to Marbridge.

### Eligibility Requirements for the Village at Marbridge:

- 18 years of age
- Primary diagnosis of developmental delay or cognitive challenge such as autism spectrum, Down syndrome, traumatic brain injury, PDD, or Williams syndrome
- Independent in activities of daily living
- Able to ambulate and transfer independently
- Able to follow a schedule of training and activity
- Possible interest in maintaining employment on or off campus
- Free of aggressive or threatening behaviors; no serious psychiatric or mental health conditions.

### Eligibility Requirements for the Ranch at Marbridge:

- 18 years of age or older
- Primary diagnosis of developmental delay or cognitive challenge, such as autism spectrum, Down syndrome, traumatic brain injury, PDD, or Williams syndrome
- Independent in activities of daily living and/or in need of verbal prompting or training
- Able to ambulate and transfer independently
- Able to follow a schedule of training and activity
- Possible interest in maintaining on-campus employment
- Free of aggressive or threatening behaviors; no serious psychiatric or mental health conditions.

### Eligibility Requirements for the Villa at Marbridge:

- 18 years of age or older
- In need of physical assistance with activities of daily living (bathing, toileting, grooming, etc.)
- In need of medical care provided by registered, licensed and certified nursing staff
- If developmentally delayed, meets the requirements of pre-admission Screening and Resident Review (PASARR) as approved in writing by a physician or official nurse
- Free of aggressive or threatening behaviors; no serious psychiatric or mental health conditions.

### Eligibility Requirements for the Bridges at Marbridge:

- 18 years of age or older
- Qualifying hospital stay for skilled benefits
- In need of skilled nursing and therapeutic discipline (PT, OT, ST, etc.)

### Eligibility Requirements for Summer Camp at Marbridge:

- 16-30 years of age
- Primary diagnosis of developmental delay or cognitive challenge, such as autism spectrum, Down syndrome, traumatic brain injury, PDD, or Williams syndrome
- Independent in activities of daily living or in need of verbal prompting
- Able to ambulate and transfer independently
- Free of aggressive or threatening behaviors; no serious psychiatric or mental health conditions.

To inquire about availability or to arrange for an assessment,  
please contact Barbara Bush, director of admissions, at 512-282-1144  
or [bbush@marbridge.org](mailto:bbush@marbridge.org).



**P.O. Box 2250**

**Manchaca, TX 78652**

**P. [512] 282 1144**

**F. [512] 282 3723**

**[marbridge.org](http://marbridge.org)**

TDHS license numbers 00706, 005191, 00520

