

ADULT SERVICE PROGRAM

Life Program, 1:1 Services, Respite, PEERS & Drop In's

Service Intro

Pivot Point offers a range of services tailored to adults with diverse abilities. Whether you're looking for a daily Life Program, 1:1 services, organized social skills groups or recreational drop in's, there's something for everyone. Each service is unique and tailored to the individual needs, interests, and goals of participants.

Life Program

Our Life Program is thoughtfully designed and guided by Registered Behaviour Analysts. Each participant receives an individualized Care Plan and unique programs tailored to their personal goals. Programming takes place in small and medium-sized groups, with skills practiced in real-world settings to ensure practical and functional application of skills learned. The Life Program runs Monday- Friday from 9:00 am- 3:00 pm at our Country Heritage Park location in Milton.

1:1 Adult Services

Our 1:1 adult services offer personalized, in-home, in-centre and community- based support. This option is ideal for those who wish to focus on specific goals in a one-to- one setting. Areas of focus may include:

- Daily Living Skills
- Communication and Social Skills
- Emotional and Behavioural Regulation
- Pre-employment and Employment Skills

We follow a Person-Centered Planning approach, meaning we prioritize the individual's own goals and values, along with input from their chosen support network, to create programs that will be impactful for the person served.

This service supports families in managing the many aspects of caregiving and personal well-being. Please note that overnight respite is not available at this time.

Respite

Our respite services offer a supportive break for both individuals and their families. While no direct programming is provided during respite sessions, participants enjoy meaningful activities in a safe, flexible environment- whether in the home, in the community, or at our centre.

PEERS

Pivot Point offers the PEERS® Program (Program for the Education and Enrichment of Relational Skills), an evidence-based social skills group developed by UCLA. This 14-week program helps participants build and practice real-world social skills through role-play and structured assignments. A caregiver component is also included, providing tools to reinforce skills at home and in the community.

Social Drop In's

Pivot Point offers themed social drop-in events for adults. These informal gatherings encourage connection, fun, and creativity in inclusive settings.

Example activities include:

- Pizza and dance parties
- Game nights
- Viewing parties (e.g., sports or movies)
- Crafting, karaoke, baking, or outdoor adventures

Drop-ins take place at our Country Heritage Park site or in the community. Costs vary by activity, and registration is on a per-event basis.



Our Mission

Our mission is to help create the turning point in people's lives that gives inspiration and focus to personal growth and success. At Pivot Point, each person we support - of any age - is at the center of our work. We create care plans in collaboration with individuals and their chosen supports. We value consent, communication, and inclusion in every step of the process.

Our staff are trained to work respectfully with people of all abilities and neurotypes, and we are committed to ongoing learning and high-quality support.

We welcome all individuals, regardless of diagnosis or life challenges, and are honored to be part of their journey.

The Individuals We Serve

Pivot Point's Adult Services Program supports individuals aged 18 through retirement who are seeking meaningful opportunities and assistance in building a quality life. We recognize that every person is unique, and our services are tailored to reflect each individual's strengths, goals, and support needs.

At the heart of our approach is a person-centered plan, which includes a Quality of Life Inventory to help identify the areas of life that matter most to each individual. This ensures that our services are focused, relevant, and aligned with what's truly important to the people we support.



Pivot Point's Approach

- We practice person-centered care for every individual and family we serve.
- With over 20 years of experience, we offer services tailored to each person's unique needs.
- We provide flexible service delivery with no waitlist.
- We work within a community-based model, supporting people in the context of their homes and communities.
- Services can begin, pause, or end based on each person's goals or available funding.
- We network with a variety of community partners to provide the best possible all around care and linkages for the individuals we serve.
- We provide interdisciplinary practice through a host of highly skilled frontline and professional staff, who work within their scope of practice to respond to many different challenges individuals may face.
- We are committed to delivering high-quality, high-outcome therapeutic intervention services.

How to Get Started

To learn more about our Adult Services or to book a free information meeting with our Regional and Program Managers, please complete our online form:

<https://ontario.pivotpoint.ca/request-a-meeting/>

This confidential form lets you share your contact details so we can connect with you directly to discuss your goals and options.

Fees are individualized and will be discussed during the consultation. You may use Passport funding or private funds to access our services.



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