



**Tailored Day Services  
United Cerebral Palsy of San Diego County**

***What Are Tailored Day Services?***

- Tailored day services are individualized supports for people with disabilities who are clients of the San Diego Regional Center. They are arranged through Purchase of Service agreements with local agencies. Typically, support services are available for 10 – 15 hours / week.
- UCP's Project College Tailored Day Service focuses exclusively on those young adults who are attending college and would like additional support to enhance success, for a maximum of 10 hours / week.

***Why Tailored Day Services at College?***

- The benefits of attending college are many - academic and personal skill building, independence, self-advocacy, self-confidence, and new friendships. Being part of campus life, taking classes, joining student organizations, and learning to navigate a world of high expectations leads to the development of skills needed for successful adulthood.
- For some youth disabilities, there may be the need for supports above and beyond what is available through the college and its disability services office and tutoring center. A college coach or mentor available through a tailored day services can be a valuable resource.

***What does the Project College tailored day service offer?***

- Services are developed specific to the needs of the participant, and can include:
  - Liaison with faculty / disability support offices.
  - Assistance with accommodations and academic requirements
  - Development of organizational strategies, and studying skills.
  - Navigating the campus, accessing campus resources, joining clubs, making friends.
  - Stress management strategies, personal safety training
  - Self-advocacy, planning for the future,

***Where are these services offered?***

- Services are offered in San Diego County. Typically, the Project College Coach will meet students right on the campus they are attending. Students and their coach can also meet in alternative locations (e.g. coffee shops, libraries, etc.)

***How can I get these services?***

- To participate in Tailored Day Services you must be a client of the San Diego Regional Center.
- Your Service Coordinator will be the one to arrange tailored day services on your behalf.

***For more information, contact United Cerebral Palsy and speak to:***

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