

# Respite Services are a blessing for Pierre's family.



Working from home can be a blessing and a curse, especially while being the sole caregiver to a child with a disability.

**Respite Services have been crucial for Elayla and her son for over 20 years.**

Elayla likes working from home, but admits that sometimes her son's unpredictable behavior can make it difficult. Pierre is diagnosed with autism and ADHD. He and his mom learned about CSS from his school when he was just six years old. Today Pierre is in his late twenties.

Until recently, Pierre was lucky to have the same Respite worker for over 20 years. When she retired, Pierre's CSS coordinator quickly found a new match in his current Respite worker, Laura.

Pierre and Laura spend most of their time together out in the community seeing movies, shopping, or visiting his favorite place—the library. This provides his mom time to make important phone calls and work without interruption.

**"A neighbor saw Pierre at the library with his CSS support worker, and asked if he was with a family member because the person was so patient with him."**

—Elayla, Pierre's mother

Sometimes Elayla even gets a few minutes to herself to relax before Pierre gets home. But she believes the best part about Respite services is that it puts her mind at ease and gives validation that Pierre is safe and happy.

CSS is one of Illinois' largest Respite providers. Your holiday gift provides crucial Respite services for families like this.

**THIS HOLIDAY SEASON, HELP PROVIDE FAMILIES LIKE PIERRE AND ELAYLA WITH CRUCIAL RESPITE SERVICES.**

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*(Top) Pierre at the library using the computer.  
(Bottom) Pierre and Laura playing dominos.*



# Holidays are a time for family and good friends.

Unfortunately for Karel, his home life went through a big change this year. He tragically lost his parents and sister within six months. When CSS met Karel, he was living alone, trying to adjust to this sudden loss.

**"Living alone was hard on Karel. His grief took a toll on his happiness—he was struggling."**

—Mario V., Karel's CSS coordinator

Because his situation was serious, CSS arranged for him to move into a group home in Brookfield right away. Karel said he wanted to stay busy and be as independent as possible. At his new home, Karel now has five other housemates to keep him company, and is supported by CSS staff 24/7. He also likes watching his favorite show, *Law and Order*. But since Karel has a quiet demeanor, he also appreciates the solitude of his own bedroom.

To support his social side, the staff enrolled him in the Community360 day program. There, he goes on regular community outings and field trips. He has also made two special CSS friends—Mike and David.

Karel is handy and likes to help out in the kitchen and with minor household repairs. It turns out that he used to work in an automotive shop. So now, the CSS Employment Team is working with him to find a job in that field once again.

*"AT CSS I FEEL INDEPENDENT AND I LIKE MY FRIENDS."*  
Karel

**THIS HOLIDAY SEASON, HELP PROVIDE INDIVIDUALS LIKE KAREL WITH A SAFE AND HAPPY HOME.**

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(Top) Karel helping out in the kitchen of his new group home.  
(Bottom) Karel with his new CSS friends Mike (left) and David (right).





# Give the gift of independence to individuals like Jorge.



Transitioning out of high school and having two full time working parents, CSS participant, Jorge, was officially an adult and ready to be more independent.

He had finished high school, but due to his diagnosis of autism, his parents knew he could not stay home alone. Like many families, they both worked full-time, so this created a safety issue.

Since Jorge is social and loves to be around friends, they wanted him to spend time in the community. But where would he go now? That's when Jorge's parents learned about the Community360 Day program.

**"I was afraid he'd mope around the house. Instead, he's learning about Monet."**

— Cristina, Jorge's mom

This program focuses on the individual's choices. Participants learn new things onsite and go on field trips out in the community. Jorge's social nature made him a great fit for this group. He has learned about health and wellness, cooking, money management, and other daily living skills. One of his favorite outings is to go to Scamp Studios for art class.

Besides learning new things, Jorge has also become more independent thanks to public transportation in the town of Cicero. He is safely picked up and dropped off each day—another blessing for this busy family.

**"CSS is a great agency with great programs. Jorge wakes up every morning excited to attend the Day Program and is upset when he has to miss a day."**

— Cristina, Jorge's mom



(Top) Jorge at the Art Institute of Chicago.  
(Bottom) Jorge with his Day Program friends.

**THIS HOLIDAY SEASON, YOU ARE HELPING LOVING PARENTS FIND MEANINGFUL AND SAFE WAYS FOR THEIR CHILDREN TO TRANSITION INTO ADULTHOOD.**

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# Help young adults like Ellen live life to the fullest.

Ellen has an intellectual/developmental disability, and epilepsy. Despite this diagnosis, when she transitioned out of high school, she knew she wanted to work in the community and be independent.

Ellen had volunteered in the past, but she knew she needed some real life work experience.

Coaching from the employment team at CSS sped up the process of finding a job and gave Ellen assistance with the application process. Then, her job coach joined her at work to give her on-site support.

January will mark Ellen's first anniversary at Jewel-Osco. She works part time, which is just what she wanted, and enjoys the people she works with. She no longer needs assistance from CSS staff on the job, which is an accomplishment she is very proud of.

## **Ellen's family chose CSS because of the variety of services.**

To stay active, when Ellen is not working, she takes part in several other CSS programs. She has been to baseball games, movies, and other fun outings through Group Respite. She attends TeamUp which emphasizes health and well-being; plus she dances and sings Karaoke at CSS Academy. These activities help Ellen to be independent and do things just like any other 24-year-old.

Ellen didn't fit into just one category. She selected various programs that fit her needs and personal goals.

## **"CSS stood out because it offered flexible part-time programming."**

—Deborah, Ellen's mom



(Top) Ellen at Jewel-Osco.

(Bottom) Ellen stays active at TeamUp.

**WHEN YOU GIVE TO CSS, YOU ARE HELPING YOUNG ADULTS TRANSITION FROM HIGH SCHOOL AND ENJOY ALL LIFE HAS TO OFFER.**

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