



**Philly Autism Project SEED Award Proposal 2022**  
**Help-U-Bridge, LLC: Building Bridges for Life**

**Outreach Information**

Name of Program: **Help-U-Bridge, LLC: Building Bridges for Life**

Seeking: 10-15 young adults (ages 21-29) on the spectrum living in the Philadelphia area for a recreation activity-based 5 week program, consisting of 2 sessions (45min-1hr) per week.

\*Program to start in November 2022

Cost: Free: This work was supported by a grant from the Philadelphia Autism Project. To learn more, please visit [www.phillyautismproject.org/seedawards](http://www.phillyautismproject.org/seedawards).

Dates/Times: Sessions will be held in late morning or early afternoon timeframes. Specific dates and times to be determined once participants are identified.

Program Purpose: Help-U-Bridge, LLC: Building Bridges for Life aims to accomplish implementation of a community-based recreational activity engagement group for young adults on the spectrum in the Philadelphia area in order to increase participants' recreational activity repertoire, peer social network, as well as productive activity pattern. The program consists of utilizing various recreation activities to enhance leisure interests, leisure exposure, social interaction, and peer network. The recreation activities introduced will be activities that participants can engage in independently or with support outside of the program. This is a free program overseen by a CTRS (Certified Therapeutic Recreation Specialist) and led by a Help-U-Bridge Direct Support Professional CTRS (or BS-MS level in Therapeutic Recreation or correlating health field) with experience in providing services to individuals on the spectrum and in modifying activities for varying needs.

Program Specifics: 5 week activity-based program, 2 sessions (45min-1hr) per week: Week 1-Creative Arts, Week 2-Healthy Eating, Week 3- Mindfulness, Week 4-Nature, Week 5-Physical Activity

Participant Requirements:

1. Young adult (ages 21-29) on the spectrum living in the Philadelphia area who have completed high school, are not working, and desire a productive activity pattern as well as social network
2. Individuals should be able to walk on uneven terrain independently or with minimal support for a minimum of 30 minutes.
3. Each individual will be asked to have a family member or caregiver present during the session and who can provide support when needed.
4. Individual or family member/caregiver will be required to complete a brief initial assessment as well as brief surveys post activities and program implementation.
5. Able to attend 2 sessions (45min-1hr) per week for 5 consecutive weeks.

Contact: Contact Rachael Borders, MSRT, CTRS at [rborders@help-u-bridge.com](mailto:rborders@help-u-bridge.com) to register or with any questions.

Help-U-Bridge, LLC  
1327 Green Hill Avenue  
West Chester, PA 19380

Phone 484.788.2529  
Fax 610.431.7491  
[dwilliams@help-u-bridge.com](mailto:dwilliams@help-u-bridge.com)