

# Intellectual & Developmental Disabilities Yough Adventure Program



**Milestone's Yough Adventure Program** provides a variety of life-enhancing outdoor-themed activities. The program allows clients with developmental disabilities to experience more than what's included in a typical day program. Our clients learn outdoor-based life skills to further their capacity for independence and self-fulfillment.

## ✦ Horticulture

Milestone participants are given hands-on training in gardening activities inclusive of planting, weeding, watering and overall garden upkeep. A variety of therapeutic gardening programs utilize the natural environment to enhance physical, social and emotional well-being of all participants.



## ✦ Outdoor Crafts/Woodworking

Participants use various outdoor materials to create nature crafts, wood crafts and other functional creations. Opportunities to utilize various wood working tools (sanders, saws and drills) are offered with staff supervision.



## ✦ First Aid / Outdoor Safety

Clients receive instruction on basic first aid and outdoor safety tips. They learn about treating poison ivy, sun protection and sunscreen, insect bites, burns, strains and sprains, hiking & biking safety, etc.

## ✦ Living Things

Clients participate in learning activities about mammals, birds and insects, including identifying traits such as color, size, habitat and diet.

## ✦ More Topics

Milestone also offers clients instruction in natural wellness, weather, rocks & minerals, animal habitats, local waterways and seasonal events. Participants have the opportunity to utilize computers and community resources to explore additional information and facts on topics of choice.

## ✦ Did you know?

Milestone staff and clients are trained in the Sanctuary® Model – a guide for creating and maintaining a safe, democratic environment where healing occurs. Sanctuary focuses on healing from trauma, such as loss, stress or adversity, and provides a welcoming environment for our clients, their families and our staff.

**For more information:**  
**Yough Program Director: 412-374-9052**