



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OPENING HEARTS AND MINDS



## Daystar

A Rehabilitative Facility for Profoundly Disabled Adults

**For parents of adult children with developmental disabilities, finding quality care and support can be challenging.**

Parents of adult children with developmental disabilities already have a lot of things to worry about. Finding reliable, quality care and support for their loved ones after high school shouldn't be one of them. Through the YMCA's Daystar Program, we are committed to nurturing each adult in a home-like environment that will stimulate not only intellectual and physical skills, but also each participant's emotional, social and spiritual needs.

Our licensed therapists and staff are dedicated to ensuring all individuals grow stronger and gain confidence while learning the skills necessary to be more independent and live happy, full lives. Plus, through rehabilitative services such as aquatic therapy and physical therapy, along with monthly field trips, participants' families reap the rewards of watching their loved ones become more active, healthy and engaged.



## **Tarah never misses an opportunity to make new friends.**

As Tarah approached high school graduation, her parents worried that she wouldn't have a place to go — a place where she could continue to receive proper support and a nurturing learning environment to grow as an adult.

Then, they found Daystar, the Y's pre-vocational, recreational and rehabilitative day treatment facility for adults with developmental disabilities. Committed to providing family-quality care to each adult so that he or she can live a happy and full life, Daystar creates a warm, safe and home-like environment.

When Tarah first came to Daystar, she had trouble speaking in full sentences, used a limited vocabulary and spent most of her time by herself. After working one-on-one with Y staff and therapists, she began to make remarkable strides.

Today, Tarah is one of the most social and talkative members of the group. She has even discovered a love for singing. During the summers, you can hear her down the hall singing with the kids at day camp. On occasion, she even stops by the front desk to help greet members and make new friends.

"She has really blossomed into a new person," her mom said. "She loves being here."

Tarah is just one of many examples of how the Y is changing the lives of people in our community, regardless of their backgrounds or circumstances. With your support, we help strengthen those with challenges and offer peace of mind to their families.

**Give to the Y. Change your community.**



**HEAR TARAH SING**  
**FirstCoastYMCA.org**

