



# What to Expect at Clark's Manor: The First Three Months

Clark's Manor is a private luxury estate that feels like home.

The quality of our milieu-style, supported independent living facility provides a potential forever home for you or your loved one, plus stability and peace of mind for all.

As a residential milieu, we operate on the premise of "home is a safe haven" and use a strength-based approach to dynamically meet the current and evolving needs of each individual.

Clark's Manor provides a safe and nurturing environment coupled with comprehensive collaborative supports from highly-trained, compassionate staff. The individuals in our care experience healing and personal growth while building connections within the community and are encouraged and empowered to accept and overcome their mental health challenges.

## The first 30 days

### **We want to get to know you, and we want you to get to know us!**

Here are some of the things you will do in the beginning:

- Spend time with the staff and residents
- Review medication regimen with clinical care manager
- Complete assessment and goals with clinical care manager
- Meet with the agreed upon external therapist and psychiatrist
- Learn the schedule and house rules of Clark's Manor
- Identify and meet with a primary care doctor
- Visit local stores with staff, as well as attend appointments and activities outside of Clark's Manor
- Present nutritional needs and meal plan ideas to staff
- Have a family meeting
- Participate in a house meeting
- Begin attending in-home groups and activities
- Discuss budgeting
- Practice household tasks with assistance
- Review goals and discuss personal perspective

## Days 30 – 60

### **As you settle in to Clark's Manor and a schedule, you will:**

- Identify one to two community activities of interest
- Practice independent life skills such as the safe use of household appliances, making meals, self-care and hygiene, medication adherence, and household tasks
- Begin to discuss potential work/volunteer opportunities
- Attend one to two house groups a week
- Suggest topics for group activities
- Continue to meet with therapist and psychiatrist as scheduled
- Establish a local dentist and eye doctor
- Identify one means of independent transportation (ex. bus, Uber, train, etc.)
- Make one statement at a house meeting or be open to share with others
- Independently shop (on own) in store with staff onsite
- Learn more about your individual diagnosis



## Days 60 – 90

### Time to set a routine, and:

- Practice skills of independence
- Practice securing independent transportation
- Add one to two additional community activities
- Practice household tasks without prompts
- Meet with clinical care manager weekly to make appointments and create a schedule
- Participate in one activity a month with clinical care manager
- Attend two or three house groups a week
- Identify one volunteer or work opportunity
- Continue attending therapist and psychiatrist appointments



## After Day 90

### We are so proud of you! You are now ready to:

- Make new goals for the next 90 days
- Secure transportation on your own
- Qualify to administer your own medications
- Schedule and attend your own appointments
- Manage your own schedule
- Shop in the community on your own
- Develop a positive and sustainable support network
- Understand and communicate with your family and friends with greater ease
- Continue to develop your self-confidence
- Run a house meeting (optional)

# We are pleased to offer exceptional services through our partnership with Penn Medicine.

For more information or to make a referral, please contact:  
Art Fastman, Director, 610-675-7669 or [art.fastman@elwyn.org](mailto:art.fastman@elwyn.org)

## Clark's Manor:

- Is the first therapeutic milieu-style supported independent living facility in Pennsylvania, New Jersey and Delaware.
- Fills a need and offers a level of care previously unavailable along the eastern corridor.
- Is the only type of private pay personal care home of its kind between Baltimore and Boston.
- Provides peace of mind and a potential forever home for you or your loved one.



Since 1852, Elwyn has helped people with autism, intellectual, developmental, and behavioral challenges lead meaningful lives. As an internationally recognized nonprofit human services organization, we have always been on the forefront of innovation. To learn more, visit [elwyn.org](http://elwyn.org).