



Outcomes Summary



"Lifeworks has done a great job of creating a culture of caring – a family." — Parent of Lifeworks Consumer

"All consumers are treated with dignity and respect. Lifeworks employs the most excellent people. They are really beyond compare."

– Parent of Lifeworks Consumer

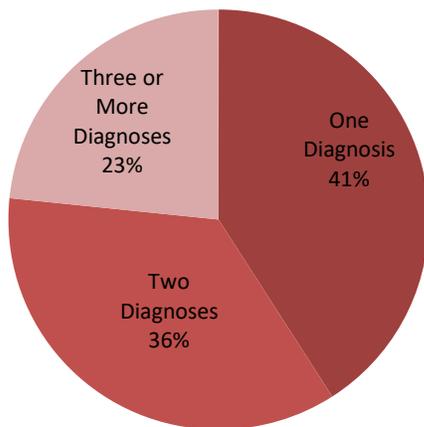
CONTINUUM OF CARE

Lifeworks provides services and supports for adults with a primary diagnosis of autism spectrum disorder and comorbid mental health diagnoses or intellectual disabilities. Dedicated to addressing a variety of behavioral, emotional, and learning needs, Lifeworks' comprehensive array of services includes campus- and community-based, supported living and vocational life skills training to help adults with autism express, explore, and achieve diagnostic-appropriate independence.

DIAGNOSTIC COMPLEXITY

Many of the consumers who come to Lifeworks have experienced long-standing difficulties and present with comorbid conditions such as anxiety and mood-related disorders.

In 2020, 59% of treated clients had two or more confirmed diagnoses.

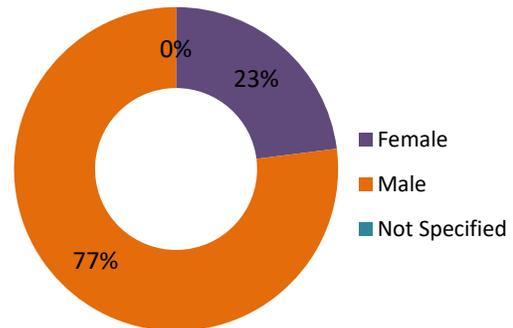


AVERAGE LENGTH OF STAY

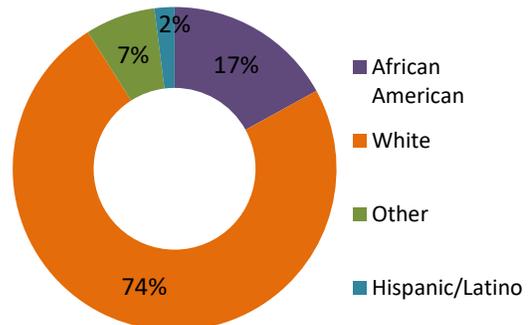
Lifeworks provides individuals with Autism Spectrum Disorder long-term living, learning, and employment solutions. The majority of consumers served in 2020 remain in service; only three of the 155 consumers were discharged in 2020 and their average length of stay (LOS) was 2.1 years. The average LOS varies by program: Supportive Living, 5.3 years; Day Services, 4.5 years; Behavioral Health, 1.5 years; and Career Services, 0.5 years.

2020 CLIENT CHARACTERISTICS

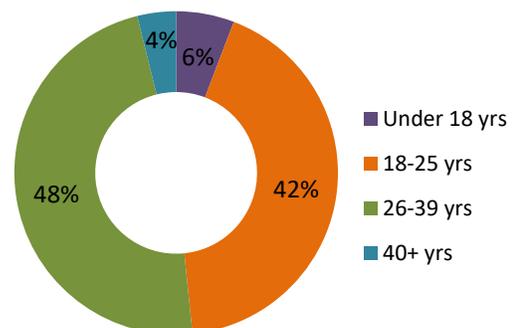
Gender



Race

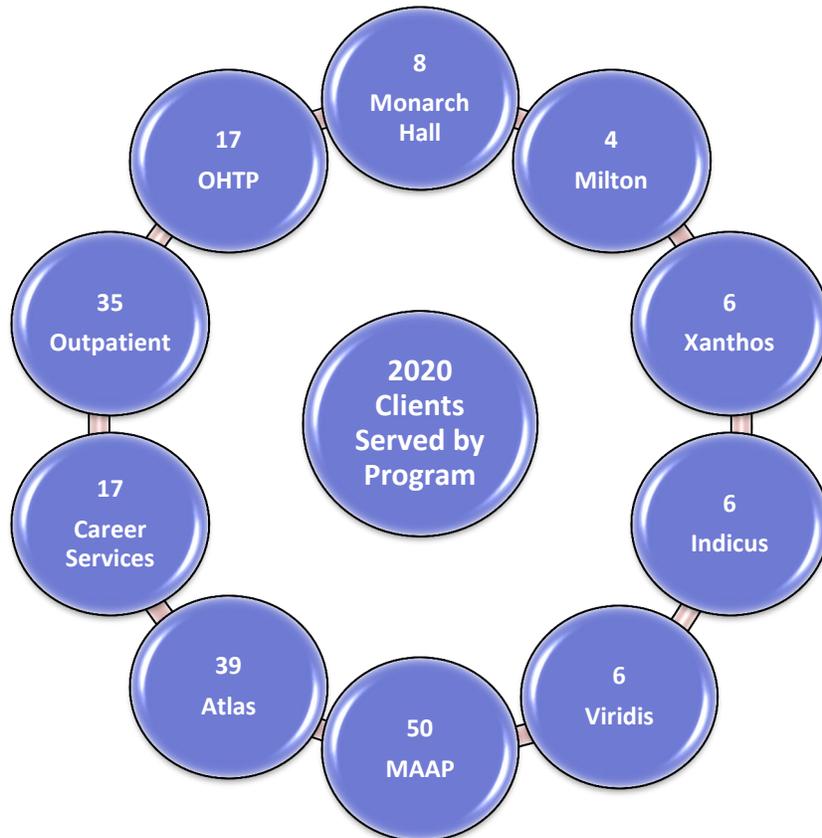


Age



LIFEWORKS BY THE NUMBERS

Lifeworks' comprehensive array of programs collectively **served 155 unique individuals during 2020** which reflects a 74% increase over calendar year 2019. Most of these consumers participated in services across multiple programs such as Lifeworks' supported living homes and the Monarch Adult Autism Program (MAAP) vocational and life skills program.



INDIVIDUALIZED ASSESSMENT

EVIDENCE-BASED CARE

At Lifeworks, we believe proper service and support for individuals with autism begins with proper assessment. Staff members begin planning for each new consumer well in advance of an individual's arrival. Then, starting on day one, the Lifeworks team commences a comprehensive evaluation of each program participant that consists of a battery of individualized assessments completed under the supervision of a board certified behavior analyst (BCBA). Once completed, the results of the assessments, guide the development of an individualized service plan (ISP) that outlines all priority areas for skill development and personalized goals. The Lifeworks team of staff continually monitors participants' progress and collects pertinent data on an ongoing basis to ensure that each consumer achieves optimal outcomes.

DAILY LIVING ACTIVITIES-20 (DLA-20)

The DLA-20 is designed to assess what daily living areas are impacted by mental illness or disability. This functional assessment helps providers determine the measure of an outcome on a scale of 1 through 7, showing where treatment is needed. The highest scores indicate greater independent functioning, while lower scores indicate severity of symptoms.

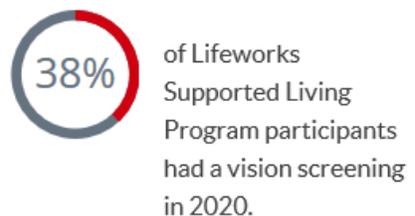
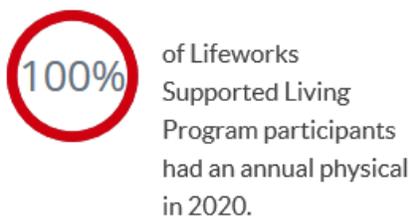
In 2020, the average Lifeworks consumer’s DLA-20 score was in the “Serious to Moderate Impairment” range, at 3.8. Over time, [average scores improved in 11 of 20 domains](#) on the DLA-20. Consumers saw statistically significant improvement in Health Practices and Social Network.

The areas of most need in 2020 were: Community Resources, Managing Money, Problem Solving, Health Practices, and Coping Skills. **The areas within normal limits included:** Family Relationships, Personal Hygiene and Grooming, Leisure, Sexuality, and Alcohol/Drug Use.

Average DLA-20 Score by Domain	
Community Resources	3.0
Manage Money	3.0
Problem Solving	3.1
Health Practices	3.2
Coping Skills	3.2
Housing Stability	3.3
Behavior Norms	3.4
Communication	3.5
Productivity	3.5
Safety	3.5
Social Network	3.5
Manage Time	3.5
Nutrition	3.6
Family Relationships	4.3
Personal Hygiene	4.3
Grooming	4.5
Leisure	4.6
Dress	4.6
Sexuality	5.0
Alcohol/Drug Use	6.5

IMPROVED ACCESS TO HEALTH CARE

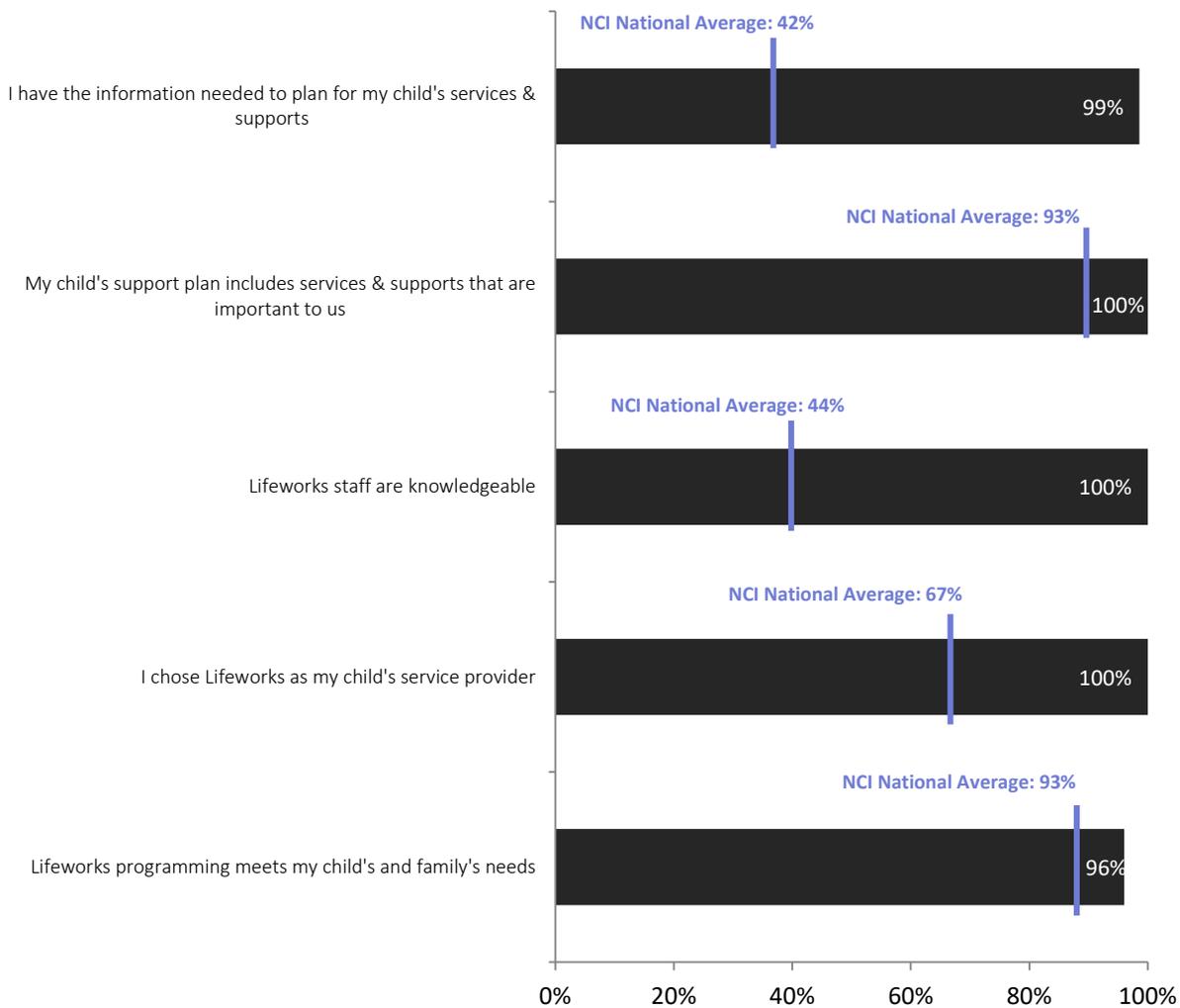
Individuals diagnosed with an intellectual or developmental disability such as autism, have significantly poorer health and shorter life expectancies than the general population¹. This includes increased prevalence of cardiovascular disease, obesity, hypertension, osteoporosis, and poor oral health compared to the general population. As such, the Lifeworks team works to reduce barriers to healthcare that are often encountered by persons with autism and ensure that individuals who reside in our supported living programs have access to quality healthcare and screening. In calendar year 2020:



¹ O’Leary, L., Cooper, S.A., & Hughes-McCormack, L. (2017). Early death and causes of death of people with intellectual disabilities: A systematic review. *Journal of Applied Research in Intellectual Disabilities*, 31(3), 325-342. doi: 10.1111/jar.12417

EMPOWERING CONSUMER CHOICE & FAMILY INVOLVEMENT

Rooted in the Monarch Model developed at the Monarch Center for Autism, Lifeworks services are designed to affect positive change in adults with autism at home, at work, and in the community. Lifeworks staff work closely with participants' families to develop and implement a system of family-directed and consumer-driven specialized supports that empower our consumers to maximize their opportunities for community engagement and lead meaningful lives. In fact, **100% of the surveyed parents or other family members of Lifeworks program participants agree that Lifeworks supports family involvement.**



*Benchmarks reported in the National Core Indicators (NCI) Family/Guardian Survey Final Report: 2019-20². The National Core Indicators is a joint project between the National Association of State Directors of Developmental Disabilities Services (NASDDDS), the Human Services Research Institute (HSRI), and 39 states (including Ohio) to collect data on a standardized set of performance and outcomes measures that can be used to guide the development of national benchmarks.

² Human Services Research Institute (HSRI) & National Association of State Directors of Developmental Disabilities Services (NASDDDS) National Core Indicators Family/Guardian Survey 2019-20 Final Report. Jan 2021. Available: https://www.nationalcoreindicators.org/upload/core-indicators/2019-20_FGS_National_Report_rev1.pdf

SATISFACTION WITH SERVICES

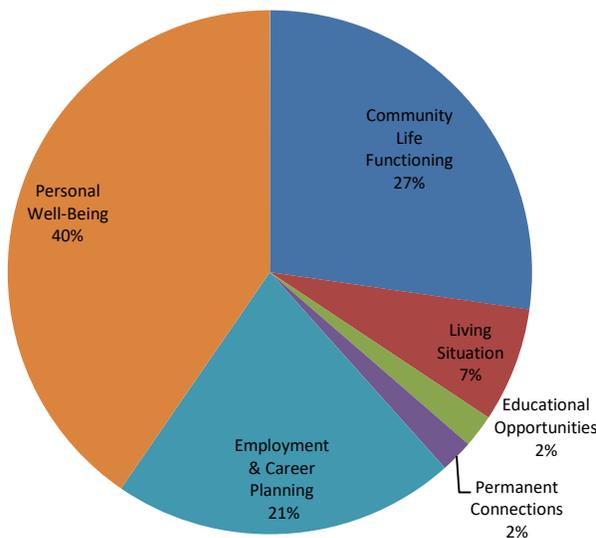
In a recent survey completed by the parent/guardian or other family member of Lifeworks service participants, 100% of respondents agreed that they were satisfied with Lifeworks' services. Moreover, 100% of survey respondents agreed that their child liked Lifeworks programming, including the supported living homes and day habilitation program.



THE OHIO HEALTHY TRANSITIONS PROJECT

Through the federally-funded Ohio Healthy Transitions Project (OHTP), the Ohio Department of Mental Health and Addiction Services partners with Wingspan Care Group to serve youth and young adults in Cuyahoga and Lorain Counties with SED, SMI, or co-occurring mental health and intellectual developmental disabilities (IDD). Monarch Lifeworks, Applewood Centers, and Bellefaire JCB collaborate to promote awareness of the unique challenges faced by transitional-aged youth (TAY), ages 16-24 years, with behavioral health issues and ID disabilities; how to address potential service gaps; and improve and promote a seamless transition into adult service systems.

OHTP has adopted the Transition to Independence Process (TIP) model, an evidence supported practice for improving the progress and outcomes of youth and young adults with emotional and behavioral disorders.



Lifeworks has enrolled 19 of the 231 TAY in the project. OHTP Navigators and staff spend time each month working with TAY to develop critical skills in key domains such as personal effectiveness/well-being, community life functioning, employment and career planning, housing, educational opportunities, and permanent connections. **The majority of services focus on Personal Well-Being, Community Life Functioning, and Employment & Career Planning.** Navigators work with TAY and their families to identify and provide linkages to key community resources in these areas.

Key OHTP Outcomes Include:

90%

of participants would recommend the agency to a friend or family member

86%

of participants agree that they liked the services they received

81%

of participants agreed that the staff helped them obtain information required to take charge of their illness

61%

of participants reported feeling able to control their life

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