

Provider Information

Date: 3/5/2007

Agency Name: Downeast Horizons (DEH)

Location: 1200 State Highway 3
Bar Harbor, ME 04609

77 Union Street
Ellsworth, ME 04605

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Description of Services: Downeast Horizons (DEH) has been serving the developmentally disabled from Bangor to Bar Harbor for 33 years.

Residential - DEH administers eight supported living homes located in the towns of Ellsworth, Bar Harbor and Hancock. The advantage of supported living homes in terms of fostering independence and community integration has been well-documented. Supported living homes offer consumers a home environment with 24-hour staff access. Levels of staffing are based upon the individual needs of each resident. Life skills learned are invaluable to independent living and include: behavior management, coping skills, time management, socialization and community integration skills, budgeting, shopping, cooking, healthy lifestyle promotion, home maintenance and physical development to promote self-sufficiency, motivation and confidence. All of our residents are offered access to our two day program centers located in Ellsworth and Bar Harbor.

Transportation to and from community activities, medical appointments and our day centers is provided or arranged by Downeast Horizons.

For further information on DEH's eight residential supported living homes, please view the previous page (DHHS Adults with Cognitive Disability Resources Directory for Hancock County) and click on Residential Services.

Day Habilitation - DEH administers two day habilitation program centers in Ellsworth and Bar Harbor. Programs take place both on-campus and in community-integrated settings. Staffing levels per individual are based on each consumers' individual needs. An additional late afternoon/evening program (3 p.m. to 7 p.m.) is offered at the Ellsworth Center for consumers and parents/guardians who may not be able to take advantage of our day programs. Transportation to and from the Centers is provided by Downeast Transportation and the Washington Hancock Community Agency.

In-House Programs include: Arts and Crafts; Social Group (movies, music, board games, etc.); Circles Class (Relationship training); Cooking and healthy meal planning; Budgeting; Shopping; Safety Awareness; Grooming and Hygiene; Self-Advocacy; and Current Events.
Community Programs include: Swimming and basketball at the YMCA; Library trips; Bowling, Dinner and a Movie; Local plays and concerts; and year-round activities in and around Acadia National Park and other state and municipal parks.

DEH has served developmentally disabled adults since 1975. Beginning in late April of 2007, DEH will launch a children's services program for children diagnosed with Autism and Asperger Syndrome. Habilitation services for these children will be individually designed by a DEH habilitation specialist through a collaboration with family, school, therapists and case workers to accurately assess needs and goals. These services will be offered in the child's home and in the community.