

A man and a young man are rowing a white adaptive rowing boat on a calm lake. The man, wearing sunglasses and a grey t-shirt, is seated behind the young man. The young man, wearing glasses, a green shirt, a yellow life vest, and a white cast on his right arm, is actively rowing. The boat is equipped with multiple oars and has the number '15' visible on its bow. The background is filled with dense green trees and foliage.

MAB ADULT DISABILITY SERVICES

A place. A home. A life.

Where there's a need, there's a way.



Everyone talks about living the good life.

What does that mean for individuals with intellectual disabilities, brain injury, or other challenges to independent living?

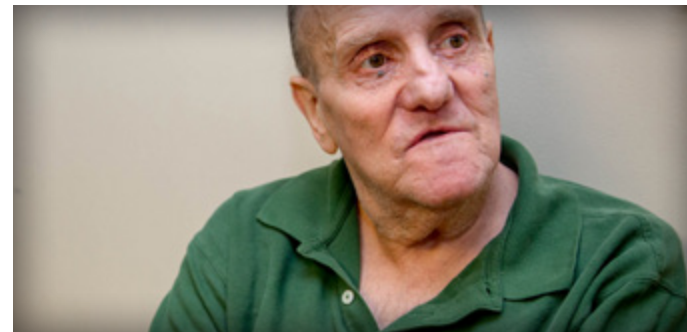
It means having the support that allows them to pursue a rewarding life, be engaged in the day-to-day vibrancy of their community, be contributing members of society, and have deep and meaningful relationships.

For these individuals, living the good life means having the opportunity to live up to their potential, pursue their dreams, and live as full a life as possible, just like the rest of us.

That's what we help them do.



A level of care and expertise that is
**the first step toward a
meaningful and rewarding life.**



You have a choice. Here's why MAB is the right one.

It starts with experience.

Founded in 1903, MAB is one of the oldest organizations in the state working to help people with disabilities live independently in their local community. We've been managing residential programs for over 40 years, including founding the Ivy Street School in Brookline, one of the first schools in the country for children and young adults with brain injury.

Longevity is only part of our story.

What truly sets us apart is the way we create programs around the specific needs and goals of each person we support. We put focus on the learning of new skills and increasing independence. That could mean supporting individuals through important transitions, such as helping young people learn to navigate the adult world, helping middle-aged adults move away from their childhood home, or helping people who have been living in nursing homes move back to the community.

The needs of the individual determine the path we take to help.

The standards we set for our programs are also based on strict regulatory requirements. We diligently work to meet the high regulatory standards for each program, including those set by state licensing agencies and CARF, an international accreditation group, to ensure the health and safety of the people we serve.

In the end, quality is best determined by the individuals themselves.

We are deeply committed to working closely with individuals, families, and the people who are most important to them to make sure we know every concern and every goal. Communication is open, honest, and ongoing. We pride ourselves on being highly responsive to all of the individual's concerns, large or small.

Happiness, safety, and success are the result of excellent, ongoing, and caring support. That's what our programs are all about.

A staff that is
**giving, supportive, and
always there.**





People caring for people. That's why this works.

When you have a highly trained staff with big hearts, you get to something special.

For the staff here at MAB, the only thing that rivals the level of dedication they bring to their work is the experience they bring along with it.

Support is provided by a multi-disciplinary team of highly trained professionals. Nurses, occupational therapists, physical therapists, speech therapists, and behavioral analysts, as well as managers and direct support professionals, are all part of the team. All are specifically trained to work with people with brain injury, visual impairment, intellectual disabilities, and a range of other medical conditions. Each direct care staff member is certified in CPR, first aid, and medication administration.

Maybe most important is the fact that every single one of them is committed to making a difference.

People with a high level of expertise who also have a true passion for what they do are not easy to come by. It takes a lot of ongoing, focused recruiting to find the right kind of people. Once we find them, we then give them additional training. It takes a special kind of person to find meaning and satisfaction working in a demanding field such as ours, but we find them, and judging by the long and trusting relationships our staff tends to develop with the individuals they care for, we are finding the right people.

We maintain appropriate staffing ratios to ensure we can fully engage with the individuals we support in their homes and in their communities. Achieving goals like everyday shopping, holding down a job, working, or attending local events might sound simple enough, but it truly does take a team of dedicated individuals to make those goals a reality. For everyone on our staff, there is nothing more rewarding than supporting people to succeed in being as independent as possible.



There's truth to the saying

**“There’s no place
like home.”**



Finding exactly the right home environment. That's what we do.

The needs of the individuals we work with can vary widely, so the range of residential options we offer does as well. On one end of the spectrum we offer group homes with 24-hour staffing and specialized nursing, and on the other end we provide services that allow people to live independently in their own homes or apartments.

For those individuals requiring full-time support, our live-in homes are designed to meet their specific needs, including full handicap accessibility.

But more than that, these truly are “homes.” They are comfortable, warm, and personalized places to live. All are very well-maintained and all are inspected regularly to ensure they meet health and safety standards. Every resident has his or her own private room.

With regard to housemates, they are determined based on compatibility with others and most are typically placed with their peers. It's very common that housemates develop strong friendships with the people they live with. Many have lived with the same people for decades.

Of course, family and friends are always welcome. Helping individuals maintain important relationships is one of our most important priorities.

As much as we pride ourselves on the home environments we are able to help create, it's what goes on outside of that home that is of equal importance. Things like pursuing individual interests in the community, traveling, sports, arts, and socializing are all an important part of the experience. We are passionate and dedicated to helping each individual work toward achieving their personal goals and realize their own idea of what it means to have a full and satisfying life.

A happy, safe, and satisfying life.
**Isn't that what
it's all about?**





Learning life skills works differently for everyone.

Our Day Habilitation program considers the unique needs and challenges of each individual as they work on gaining new skills that both enrich their lives and allow them to become more independent. Our team of speech, occupational, and physical therapists, along with behavioral consultants and nurses, help each person take the next step toward pursuing individual goals. It's all about enriching every life by helping to explore new areas of interest, strengthen the skills of daily living, become more involved in the local community, improve communication and interpersonal skills, and manage their own health care.

Orientation and mobility for the visually impaired.

As the oldest organization in the country that serves adults who are blind or visually impaired, we offer a level of experience that is unmatched. Our Orientation and Mobility department is a resource to all visually impaired adults served by the Department of Developmental Services in the Greater Boston metro region. The specialists who work in this program provide personalized instruction to help individuals develop the skills necessary to travel safely and independently in different environments. They also work with each person's support network, training any and all in how best to support someone with both vision loss and developmental disabilities.

It takes being healthy to be happy.

Each individual we work with presents a unique set of needs and goals to attain with regard to health care. Keeping up good health is essential to everyone we work with. To that end, maintaining day-to-day wellness habits in every aspect of an individual's life is integrated into all our programming. This includes working with each person to understand and promote the benefits of nutrition, exercise, recreation, and emotional well-being.

A big part of making this work is the registered nurses who are a part of each individual's support team. Their role includes overseeing daily care, training staff, and coordinating with community-based health care providers.

Health is one of the most essential pieces in living as full a life as possible. We take it very seriously.



MATILDA'S

A place of
**employment that goes along
with a place to live.**

BUSINESS HOURS:	
Mon	11:00 to 2:00
Tue	11:00 to 2:00
Wed	11:00 to 2:00
Thurs	11:00 to 2:00
Fri	11:00 to 2:00
Sat	CLOSING
Sun	CLOSING



MABWorks and the steps to gainful employment.

For any of us, our work is what makes us feel valued, confident, and independent. That is even truer for the individuals we work with.

MABWorks is our vocational and community-based day services program. It provides individuals with the support they need to develop job skills and pursue real career opportunities. MABWorks is committed to helping each person develop a full day of meaningful activities that results in competitive employment as well as volunteer jobs. We work with each individual to develop the right career plan for the skills they've acquired, and work with a range of employers in the community to develop the types of jobs that are just the right fit. We have been successful in building strong relationships with employers in the area. Our job coaches provide whatever support is necessary so that both employer and employee can succeed.

The commitment of the local employers we work with is inspiring. With their help, we are helping create real and meaningful jobs that are essential to independent living.

MAB is the right choice for:

- individuals and families seeking meaningful and life-changing support
- agencies seeking comprehensive, quality services for individuals
- staff looking to be valued and to make a difference in people's lives

We are small enough to be flexible, creative, and attentive to the details, and large enough to have the resources necessary to invest in what works.

Find out more about what makes MAB work. Call 617-926-7080 or email admissions@mabcommunity.org. You can also visit our website at www.mabcommunity.org.



MAB ADULT DISABILITY SERVICES

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