

MEALS FOR THE ZIMMERMAN-HOROWITZ INDEPENDENT LIVING PROGRAM

about Z-H ILP

The Zimmerman-Horowitz Independent Living Program (ZH-ILP) is a program that enables adults with disabilities to live as independently as possible in a shared home. Homes are staffed 24/7 by a resolute team of Direct Support Professionals that provide individualized support with household tasks like cooking, cleaning, laundry, money management, shopping, and more.

what is I/DD?

An Intellectual and Developmental Disability (I/DD) is a generalized neurodevelopmental disorder characterized by significantly impaired intellectual and adaptive functioning. It is defined by an IQ under 70, in addition to deficits in two or more adaptive behaviors that affect everyday, general living.



make a meal

There is no better way to cultivate a cozy home environment than sharing a nice meal together. By preparing a meal, you can ease the workload of Direct Support Professional staff and spread love to residents.

- ✓ **In your kitchen, prepare a main dish, side, and dessert for 2 homes —6 servings each.**

Meals should be prepared during the weekend before delivering to JF&CS on a scheduled morning.

SIGN UP HERE

did you know?

**Quick facts about
I/DD Services at JF&CS:**

6 homes **23** residents

promote inclusion

Avoid outdated language.

We do not use words like *mental retardation* or *handicapped*.

Follow self-advocates on social media and stay informed about disability-related legislation and ballot measures.

**JF&CS
Disability
Inclusion 101**



Questions? Email the Volunteer Engagement team at volunteer@jfcsatl.org