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UCP RECEIVES GRANT FROM BILL GRAHAM MEMORIAL FOUNDATION TO FUND MUSIC PROJECT FOR ADULTS WITH DEVELOPMENTAL DISABILITIES

SACRAMENTO – UCP of Sacramento and Northern California has received a \$1,000 grant from Bill Graham Memorial Foundation to support its adult day program music project for adults with developmental disabilities. The grant allows UCP to purchase musical instruments that can be played with one hand, as well as sheet music, CDs, a karaoke machine and more.

“We have participants with developmental disabilities who can’t speak in sentences, but they can sing,” said Doug Bergman, UCP president and CEO. “Music is a universal language, and we are grateful to the Bill Graham Memorial Foundation for recognizing how much music can empower the people in our adult day programs to live life without limits.”

UCP’s adult day programs serve hundreds of participants with developmental disabilities, many of whom also have a physical disability that requires additional support. The programs help participants develop skills and encourage individual choice. These skills promote an independent lifestyle and contribute to making the participant an active member of the community. Instruction includes personal choices, decision making and problem solving, communication skills and assistive devices, basic reading and math skills, financial management, cooking and nutrition, mobility, computer skills, physical health and well-being, wheelchair aerobics, community integration, social development, leisure activities, self-advocacy, access to community support systems and functional living skills.

UCP’s music project takes place at the North Highlands adult day program, where 150 participants have been learning to play instruments and sing. This grant will help purchase additional equipment so the project can expand and eventually give participants the chance to perform for other people.

Each month, UCP of Sacramento and Northern California serves 3,800 children and adults with developmental disabilities and their families in Butte, El Dorado, Nevada, Placer, Sacramento, Shasta, Sutter and Yolo counties. Programs include Saddle Pals, UCP's Autism Center for Excellence at Sacramento State, adult day programs, independent living services, transportation and in-home respite care for families. For more information or to make a donation, visit www.ucpsacto.org.