

# Mainstay Life Services

## A Place for Enriched Living

Mainstay Life Services strives to be the residential provider of choice for people diagnosed with Prader-Willi Syndrome (PWS). Currently, we operate five community homes in Pittsburgh for persons with this rare genetic disorder. The first opened in February of 2000 and is home to three men. Its success, and the growing demand for services to people with PWS, led Mainstay Life Services to develop a second home. This house, specifically designed to meet the needs of women with PWS, opened in the fall of 2004. Three additional homes have opened in subsequent years.

For those who have PWS, our homes are customized to meet their highly specialized needs. We provide a structured daily routine, which incorporates regularly scheduled meal times, exercise, and activities geared toward the interests of those we serve. Following



training and consultation from The Children's Institute of Pittsburgh (the world's only comprehensive, hospital-based inpatient program for children and adults with PWS), we provide

careful meal planning and 24-hour support to those we support as they learn to manage their lifelong needs and enjoy independent, full lives in the community.



# Caring. Compassionate. Comprehensive.

Through the years, we have learned a great deal about how to most effectively provide care for people with PWS. As such, we have developed best practices aimed at improving their quality of life. Something as simple as having our overnight staff prepare meals while everyone is sleeping has greatly decreased food anxieties for those we serve. Thoughtful meal planning by our staff also extends to any outings in which food is involved. To further reduce

anxiety and to prevent over-eating, the kitchens in each of our homes remain secured throughout the day.

Each staff member also participates in annual training to assist them in effectively



supporting those in their care and successfully managing any issues related to PWS. The staff work as part of a cohesive team in conjunction with each person receiving services, their family members, supports coordinators, and medical professionals to ensure we are providing the best services for the unique needs of each person.

To learn more, visit  
[MainstayLifeServices.org](http://MainstayLifeServices.org)

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200 Roessler Road • Pittsburgh, PA 15220  
Phone: 412.344.3640 • Fax: 412.344.5486

