



Enriching Lives.  
Unlocking Potential.

**At Mainstay, we envision a world where people with diverse abilities thrive in inclusive, supportive communities.**

**Our mission** is to enrich lives through person-centered support and inclusive community programs, unlocking the full potential of people with diverse abilities.

**Our values guide our commitment to quality and community.**

We strive to be the region's provider of choice for people seeking services, and the employer of choice for qualified and committed professionals. We offer compassionate support, empowering people with intellectual disabilities and autism (ID/A) to achieve their goals.



Our values:  
**EMPOWERMENT**  
**DIGNITY**  
**COLLABORATION**  
**INNOVATION**  
**ACCOUNTABILITY**

We support more than

**400 PEOPLE**  
with ID/A, and their families,  
throughout Western Pennsylvania.



In all that we do, **the focus is on providing**  
**QUALITY PROGRAMS**  
**AND SERVICES**  
to help people with ID/A to thrive.

# Our Services Include

## RESIDENTIAL SERVICES

With 45+ residential settings in Western Pennsylvania, we support more than 125 people ranging in age from their 20s to 90s. Through our residential programs, we encourage independence, ensure safety and security, enhance quality of life, and connect people to their community. We operate both licensed and unlicensed residential programs.

## PRADER-WILLI SYNDROME (PWS) SUPPORT

PWS is a rare genetic condition impacting approximately .006% of people in the United States. We are proud to be the only regional provider with a dedicated program helping people with PWS to live their best lives.

## LIFE SHARING

Through Life Sharing, families, friends, or other community members invite and welcome a person into their home to live in a shared, supportive environment. Life Sharing partnerships benefit both the person supported and the service provider as they enjoy sharing life experiences, responsibilities, and building mutual relationships. We have provided Life Sharing since the late 1980s, and today we provide this service for adults and for children with medically complex conditions.

## SUPPORTED LIVING

For people who live on their own, but can benefit from some support and check-ins, we offer Supported Living. These services help to ensure a person's health and welfare. Person-centered assistance could include help with health maintenance, wellness activities, meal preparation, decision making, home and personal resource management, self-care, and so much more.

## IN-HOME AND COMMUNITY SUPPORT

Partnering in the home and community setting, we support people as they acquire, maintain, and improve the skills necessary to live more independently and participate meaningfully in their civic life.

## EMPLOYMENT SUPPORT

We provide individualized job development and support for people with ID/A. Our team helps job seekers to learn more about their skills and interests and navigate the job development process. Once employed, we provide needed support, with the goal of independence on the job.

## COMMUNITY PARTICIPATION SUPPORT (CPS)

Through our CPS program, we help people discover opportunities for community inclusion, build their interests, and develop skills. CPS encourages active and valued participation in a range of activities that build on a participant's interests, preferences, gifts, choices, and strengths. The goal is for people to be integrated into their community life, and CPS is carried out in the context of a person's desired outcomes for employment, and community involvement and membership.

## BEHAVIORAL AND CLINICAL SUPPORT

Through our Behavioral and Clinical Support program, specialists partner with a person and their team to develop strategies to help them live their best life. We strive to create a therapeutic community founded on trust and safety, where people build new skills on the foundation of their strengths.

## INDEPENDENCE THROUGH INNOVATION

As a Technology First organization, Mainstay is committed to empowering the people we support by integrating technology solutions that enhance their health, wellness, safety, and independence. This focus on innovation is more than a program – it's our promise to reimagine what's possible and transform the future of human services. The scope of technology is boundless, and we support people as they use a variety of innovations including remote supports, telehealth, communication devices, medication dispensers, bed shakers, mobility aids, tablets, and so much more.

## HOUSING TRANSITION AND TENANCY SUSTAINING SERVICES (HTTSS)

Through this service we help people with disabilities find, secure, and maintain safe, affordable housing, a critical foundation for independence and long-term wellbeing. HTTSS supports people as they navigate complex housing systems, prepare for successful tenancy, and maintain stable housing once they are placed.

## ENTRUST SERVICES

Through Benefits Counseling, a Special Needs Pooled Trust, Representative Payee Services, and Third Party Trust Management, enTRUST provides financial services that enrich the lives of people with disabilities. Visit [enTRUSTDisabilitySvcs.org](http://enTRUSTDisabilitySvcs.org) to learn more.



Mainstay Life Services



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