

Mission:

To empower people with disabilities to create a vision of personal success and achieve their life goals through individualized life coaching and peer mentor services

Life Coaching Services

- Helps people recognize and achieve their potential despite their disability.
- Provided by people with disabilities that have achieved life success and have completed specialized training.
- Offers goal setting, support, accountability, problem solving, and resources.
- Keeps the participant motivated and moving forward toward short term and long term goals.
- Requires participant to commit to approximately 3 x 45 minute coaching sessions a month for 3 to 6 months; sessions are held in person or over the telephone.
- Participant is required to complete activities between coaching sessions.
- Participant completes a one page application to request services – request application from Rancho or **KnowBarriers** staff.

Peer Mentor Services

- Available during therapy sessions, patient education classes, bedside visits and in the Rancho Wellness Resource Center and Life Gym.
- Provided by former Rancho patients who have received specialized training.
- Offer motivation, emotional support, recommendation of resources, problem solving, demonstration of skills, etc.
- Peer mentors have a desire to ‘pay it forward’ to people going through the same life experience; by providing hope and modeling a high quality of life despite a disability.
- Services can be requested at any time by calling the **KnowBarriers** office or asking any Rancho staff member to request on your behalf.
- Former patients interested in becoming a peer mentor; must be a minimum of one year past the onset of disability / diagnosis, complete peer mentor application, complete Rancho Volunteer Services orientation to include a live scan (criminal background check) and health screening; and complete **KnowBarriers** Peer Mentor training and competency. Following completion of the 6 month probationary period, staff is eligible for a paid contract position; based on program needs and available funding.

* **KnowBarriers** services are funded through a philanthropic foundation, discretionary funds from Supervisor Don Knabe and a contract with the County of Los Angeles. There is no cost to patients.

For additional information, visit our website at www.knowbarriers.org or contact:

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