



Provider Profile

Exclusively Personal

47 Circuit Ave.
 Waterbury CT 06708

Phone: (203)596-1250 Ext

Fax : (203)753-5617

Toll Free:

TD Phone:

Corporation Type: For Profit Corp

Director Name: Jacelyn Mitchell

E-Mail: jdmitchell4489@sbcglobal.net

People Served: 25 to 100 people

Accepting new people? Yes

Contact: Jacelyn Mitchell

Contact Phone: (203) 596-1250

Contact Email: jdmitchell4489@sbcglobal.net

Web Address: www.exclusivelypersonal.net

The agency is qualified to provide the services listed below:

- | | |
|---|--|
| <input checked="" type="checkbox"/> Adult Companion | <input checked="" type="checkbox"/> Individualized Day Supports |
| <input type="checkbox"/> Adult Day Health | <input checked="" type="checkbox"/> Individualized Home Supports |
| <input type="checkbox"/> Assisted Living | <input type="checkbox"/> Interpreter Services |
| <input type="checkbox"/> Clinical Behavioral Support Services | <input type="checkbox"/> Live In Care Giver |
| <input type="checkbox"/> Community Living Arrangement | <input type="checkbox"/> Nutrition |
| <input type="checkbox"/> Continuous Residential Supports | <input checked="" type="checkbox"/> Personal Supports |
| <input type="checkbox"/> Group Day Supports | <input checked="" type="checkbox"/> Respite |
| <input type="checkbox"/> Health Care Coordination | <input type="checkbox"/> Supported Employment |
| <input type="checkbox"/> Independent Support Brokers | <input checked="" type="checkbox"/> Transportation |
-

Towns Served:

BETHLEHEM MIDDLEBURY MORRIS OXFORD SEYMOUR SOUTHBURY WATERBURY
 WATERTOWN WOODBURY



State of Connecticut
Department of Developmental Services
460 Capitol Avenue, Hartford, CT 06106

Provider Profile

My name is Jacelyn Mitchell. I am a fully Insured Certified Fitness Trainer. I own and operate my business, Exclusively Personal, LLC. I offer personal assistance with physical and nutritional supports and implement a beneficial sound fitness program to help reach your goals. I train consumers of various ages along with providing services to seniors and kids. I work with people on many levels of ability and disability. I provide the needed equipment and travel to your home through out the West Region of the state. As a Vendor for the State of Connecticut, I can offer to DDS case mangers assistance with consumers who may benefit from one-on -one programs specifically designed on an individual basis consisting of exercise and nutritional guidance. I have worked in this field for 20 plus years and currently service many DDS residents on a structured basis. We work together on physical fitness, as well as, learning how to make healthy food choices with positive reinforcement of optimal heath and well-being. The main objective to the services that I provide is to increase your over all health, well-being and help in assisting you on the importance of exercise and healthy eating. My certifications include: Certified Fitness Trainer, Youth Fitness Trainer, Senior Fitness Specialist, Nutritional Coach, Certified in Exercises for People with Developmental Disabilities, Trauma Disorders, CPR, First Aide, Certified in Exercise Management for persons with chronic diseases and disabilities.

Profile Last Update: 1/30/2013

Link to Quality Profile http://www.ct.gov/dds/lib/dds/provider_qsr/2216_QSR1.pdf