

## Programs and Services

### Life Skills Development

This program offers a variety of training services which support the participation of individuals in valued routines of the community including volunteering, job exploration, accessing community resources and self-advocacy in work like settings. These services provide an intellectually and developmentally appropriate level of variation and interest.

**Work Programs** The work programs offered at The Arc Washington-Holmes Counties include Mobile Crews and Packing & Shipping. Individuals in these programs have an opportunity to earn a wage. The Mobile Crews are involved with interaction within the community through work-like settings in litter pick-up on primary and interstate highways. Packing & Shipping provides work training in packaging and shipping. Individuals have an opportunity to interact with company representatives and trucking personnel. Other programs offered in the Life Skills Development Program are Boomers and Community Exploration.

**Boomers** This program provides socialization and activities combined with daily living skills and personal care training to persons that require a greater level of care, in an effort to increase their level of self-sufficiency. Boomers also offers regular, age-appropriate opportunities for adults. Participants engage in socialization and activities that embrace the normal aging process.

**Community Exploration** This program increases awareness of consumerism, and services available to individuals in their community. This program also stresses "giving back to the community" and volunteering. Community Exploration offers opportunities for individuals to experience valued adult roles in the community as an alternative to employment or traditional day programs.

## Programs and Services cont.

**Socialization and Educational Programs** These programs are also available through Life Skills Development and include non-work activities focusing on educational and socialization skills, life skills, training and money management. Classes in hygiene, cooking, art, computer and safety are offered. Reading, music and exercise programs are also offered. In addition, several types of recreational activities are varied throughout the year. Individuals at The Arc Washington-Holmes Counties take an active part in their training and developmental through the choices they make.

**Personal Care Assistance** This service offers assistance in the individual's own home or family home. This service is tailored to offer non-medical assistance to individuals with activities in self-care, bathing, dressing, personal hygiene and activities of daily living.

**Respite Care** Provides supportive care and supervision for individuals when the primary caregiver is not available. This may be for a brief period due to a planned or emergency absence or for temporary physical inability.

**Residential Habilitation** The Arc Washington-Holmes Counties provides group homes that are safe, comfortable and have a family-oriented environment. Supervision and training activities are provided to assist an individual with acquiring, maintaining and improving skills related to daily living.

By participating in new activities and gaining new experiences, individuals add richness and quality to their lives. For some, the activities may be working for pay, while for others the activities may be learning a skill or enjoying the arts. At The Arc Washington-Holmes Counties our goal is to create opportunities for people with Intellectual and Developmental Disabilities and their families to have choices in their life.

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 ...discover the perfect solution  
 ...bring excitement to every day  
 ...make an impact in the community  
 ...educate one another  
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 - Anonymous