

❖Community Inclusion:

The Arc of Essex County offers a variety of community inclusion services through social activities, classes, and experiences for small groups of adults year round. Activities may include:

- **Outings to community-based events** – festivals, concerts, restaurants, etc.
- **Leisure activities in the community** – bowling, sporting events, movies, etc.
- **Educational activities in the community** – museums, nature centers, etc.

❖Community-Based Supports:

Community-based supports are individualized supports designed to increase independence, productivity, and inclusion in the community. Activities take place both inside and outside of the home.

❖Respite:

Respite services provide a short-term break for caregivers to help relieve stress, restore energy, and manage family life. A range of programs and services are offered through center-based, community-based, and in-home respite settings for individuals or groups.

Respite may be delivered in multiple periods of duration such as hourly, daily without overnight, or daily with overnight.



Testimonial:

“It is very important for Adam to experience life. By attending The Arc of Essex County's Livingston Day Program, he is able to do that. Every day is a learning experience. When I pick Adam up after program, he tells me he wants more. The day is not long enough for him because there are so many activities to choose from. It is a perfect match.”

– Halina Erven, A Parent of an adult who participates in Day Habilitation

About The Arc of Essex County:

The Arc of Essex County is a private, non-profit organization dedicated to helping children and adults with intellectual and developmental disabilities participate in every level of our society and enjoy fuller, more independent lives. Founded in 1948, The Arc of Essex County provides a wide variety of programs and services that support nearly 1,500 people throughout Essex County from birth to their senior years. Our services include:

- Adult Day Services & Supported Employment
- Adult Residential Services
- Recreation & Respite Programs for Adults & Children
- Transition Resource Services
- Camp Hope Adult Camping Experience
- Children & Family Services
- Early Childhood Education
- Early Intervention

For more information or to make a donation, visit www.arcessex.org.



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Adult Services

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Introduction to Adult Services:

The Arc of Essex County offers innovative, Division of Developmental Disabilities and Medicaid-approved Day Services that allow each individual to realize and attain their fullest potential. Day Services are provided to adults ages 21 and over, with a variety of support needs in locations throughout Essex County. Individuals acquire the skills and experience needed to participate in the community, achieve personal goals and outcomes, and work towards employment.

The Arc of Essex County also provides Adult Residential Services. Please see related brochure for more details.



Menu of Services and Schedules:

Participants and their families can choose from a menu of Day Services offered seven days a week by The Arc of Essex County that fit their lifestyle, schedules, and individualized service plans and goals. Activities focus on building skills needed to achieve maximum independence including social and life skills, communication, problem-solving, and employment-related skills.

The Arc of Essex County's Day Services include the following categories:

- ❖ **Day Habilitation**
- ❖ **Pre-Vocational**
- ❖ **Career Planning**
- ❖ **Supported Employment – Individual & Group**
- ❖ **Community-Based Supports**
- ❖ **Community Inclusion Services**
- ❖ **Respite – Individual, Group, and Overnight**

Transportation to and from services is provided within the established catchment area.



❖ Day Habilitation:

The Arc of Essex County's day habilitation services are offered in-center and community-based settings. Activities are designed to support the development of such skills as: problem solving, self-help, social, adaptive, daily-living, and leisure. Consumers participate in activities including:

- **The Arts** – music, drama, painting, etc.
- **Self-Care Skills** – hygiene, personal presentation, etc.
- **Fitness & Nutrition** – yoga, Zumba, basketball, menu planning, etc.
- **Independent Living Skills** – cooking, budgeting, grocery shopping, laundry, etc.

❖ Pre-Vocational:

Pre-vocational services are designed for individuals interested in strengthening their vocational skills in anticipation of becoming competitively employed in the community. Activities may include:

- **Training Classes** – resumé development, job interviewing, etc.
- **Volunteer Work Experiences**
- **Workplace Communication/Social Skills**
- **Job Clubs**



❖ Career Planning:

Career planning services help individuals obtain, maintain, or advance in competitive employment. By working with The Arc of Essex County's career planners, an individual will:

- Develop a career path that leads to sustainable employment
- Foster achievement and advancement in an individual's career
- Identify social networks and community supports that can lead to career opportunities

❖ Supported Employment:

Supported employment services are designed to help individuals fulfill their employment aspirations and achieve social and economic inclusion through sustainable employment.

Individual Supported Employment Services Include:

- Job coaching
- Training and instruction
- Travel Training

Group Supported Employment Services Include:

- Mobile Work and Training Crews
- Group Job Placements
- On-Site Job Training and Support



Testimonial:

"When I think of The Arc, two words come to mind: respite and growth. [Through Camp Hope, hotel respite, and SWOP] my son has grown considerably. I, for one, look at The Arc of Essex County as a true blessing. I appreciate all you do for me and my family!"

– Gordon Smith, A Parent of an Adult who participates in Supported Employment and Respite Services