

## Adult Camp Experience at Camp Hope:

The ACE program is an opportunity for adults to participate in a traditional summer day camp experience. Camp Hope's activities are designed to provide independence, confidence, and fun in a safe, nurturing, and healthy environment.

## Community Based Supports:

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

## Travel Club:

The Arc of Essex County's Travel Club offers participants the opportunity to experience an independent adult vacation. Trips are planned and organized by The Arc and provide individuals with the support needed to have fun while traveling to a variety of destinations.

Staff accompanies the group and provides the necessary assistance to ensure safety while helping to maximize the participant's independence. Previous destinations have included Branson, Missouri; Disney World; Nashville, Tennessee; the Bahamas; and Caribbean Cruises.



## Testimonials:

"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 S., A Parent of an Adult Consumer in Recreation & Respite Services

## 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 for Adults & Children
- Children & Family Services
- Early Childhood Education
- Early Intervention

For more information or to make a donation, visit [www.arcessex.org](http://www.arcessex.org).



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TheArcofEssexCounty



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# Adult Recreation & Respite Services

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## Introduction to Adult Recreation & Respite Services:

The Arc of Essex County's Adult Recreation and Respite Services provide adults ages 18 and up with opportunities to enhance their social lives with friends and peers in a supervised and supportive environment. Adult recreation and respite services are available throughout the year and incorporate recurring, seasonal, and special events and activities to engage attendees while offering caregivers a short-term break.

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

## Menu of Services and Schedules:

Participants and their families can choose from a wide range of Recreation and Respite Services offered evenings and weekends that complements their lifestyle, schedules, and individualized service plans and goals. Activities focus on helping individuals learn to achieve maximum independence through social and life skills development, communication, problem-solving, and community integration related skills in a fun and engaging environment.

The Arc of Essex County's Recreation and Respite Services include the following categories:

- **Community Inclusion Services**
- **Respite – Individual, Group, and Overnight**
- **Adult Camp Experience (ACE) at Camp Hope**
- **Community-Based Supports**
- **Travel Club**

Recreation and Respite Services are offered through the Comprehensive Medicaid Waiver, Supports Program, and Community Care Program; additionally, families can elect a self-pay option. Transportation to and from activities varies based on the particular service.



## Community Inclusion:

The Arc of Essex County offers a variety of community inclusion services through social activities and cultural and educational experiences for small groups of adults year round. Activities take place within the community and may include:

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

## Respite:

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

Respite can take place hourly, daily without overnight, or daily with overnight.

### Individual Respite:

Individual respite provides caregivers with a break while participants engage in activities suited to their needs. Services typically take place within the home and are provided on a one-to-one basis.

## Respite (Continued):

### Group Respite:

Group respite provides caregivers with a break while participants engage in center-based group activities weekday evenings, Saturdays, and Sundays. Activities include:

- Cooking and Cultural Experiences
- Music Appreciation & Dance
- Crafting & Game Nights

### Overnight Respite:

The Arc of Essex County offers overnight respite through the Hotel Respite program and Respite Group Home.

- **Hotel Respite:**  
Hotel Respite provides caregivers with a break while participants experience a weekend away filled with fun activities including swimming in the hotel's indoor pool, going to the movies and out to eat, bowling, and more.
- **Respite Group Home:**  
Life happens and sometimes individuals and their families need to seek short term housing due to a planned or unplanned event or emergency situation. Upon referral from the Division of Developmental Disabilities (DDD) or planned through a support coordinator, individuals are provided with a welcoming group home setting on a temporary basis.

