



Creating Enviable Lives for People with Developmental Disabilities.

The Arc of Frederick County provides individually designed support services and collaborates with the community to build inclusive programs for adults and children with developmental disabilities.

Founded by parents in 1958 because community programs for children and adults with disabilities did not exist, The Arc continues to be a leader in advocacy efforts and the creation of new services for families today.

Programs and services provided by The Arc include ...

- **Information and Referral services** for anyone who contacts The Arc and needs connections to community resources
- **Employment**—location of career opportunities for students transitioning from school and adults with developmental disabilities
- **“Real World”** weekends to support adults with independent living skills challenges that will prepare someone to move into their own home
- **Sibling workshops** for brothers and sisters of kids with developmental disabilities
- **Hispanic Outreach** to further our efforts among the growing Spanish speaking population in Frederick County
- **Training seminars** for self-advocates, parents, siblings, professionals, and other community members covering topics such as school advocacy, creative employment options, and navigation through social service systems
- **Service Coordination** for children with autism
- **Support Services** where people are in charge of hiring their own staff
- **Futures and Estate Planning** to help parents plan for their child's needs and where they will live, when parents are no longer around to help.
- **Support Groups** for self-advocates and families
- **Parents Day Out** program that gives parents a few hours of respite each month knowing their children are being cared for in a safe, supervised environment.
- **Educational advocacy** to partner with families and schools to promote effective education for each child
- **Adult Basic Education classes**
- **Cooking classes**
- **Art classes**
- **Creative Movement classes**

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The Arc is a member of
The United Way of
Frederick County

