



The Link

May 2021

Resiliency in the Remote Realm

The Arc of Frederick County's service delivery model prioritizes partnerships with individuals and families the agency serves. The Arc has always believed that to support people to have meaningful lives and real jobs, people served need to have active, caring, and effective community connections. These connections include helping people served having responsibility over their lives and building reciprocating relationships with friends and family. The Arc supports people to build upon an already existing network and create new connections. The Arc has long known that this model works on a day-to-day basis and, when put to the test, believed it would work in times of uncertainty.



When the pandemic began, The Arc of Frederick County made a conscious decision to continue providing services to support people living and working in the Frederick community. For people who wanted to continue in person services this involved helping people and their DSPs (who The Arc calls Coaches) move services to people's homes and figure out how to create small "bubbles" of people designed to keep everyone safe and healthy. Remote services became a critical component for people and their Coaches who were worried about seeing each other in person.

Teaching people how to have rich virtual lives was already a core component of The Arc's services. Resources such as social media platforms, online banking, and job websites proved to be valuable in assisting with the adaptation to a virtual world. Facebook was a way people were supported to stay connected to friends and learn about community events. Pinterest was a popular way for people to find recipes and develop their cooking skills. Job searches were primarily done online, and online banking was a helpful way to pay bills and easily monitor daily spending. While The Arc acknowledged that life was changing at a rapid pace, individuals were encouraged to capitalize on the remote skillsets they have already mastered and be open to learning new ones.



Resiliency in the Remote Realm (continued)

Remote activities were also meaningfully accessed by supported individuals with very significant disabilities and medical needs. In these instances, The Arc encouraged families to consider how their loved one enjoys watching their favorite movies and TV shows, listening to music on their electronic

devices as a form of entertainment, and having short respite breaks for primary caregivers throughout the day. Rather than watching entertainers, caregivers were encouraged to support their family members with logging on to Zoom activities where participants would see familiar coaches and friends they know on their screens. Virtually everyone had a positive response to these new options, often surprising their family members with their skills and enjoyment of this new medium for supports. In some ways, it encouraged family members to introduce more age-appropriate entertainment and learning activities to their adult children with developmental disabilities.

Maintaining Employment

Many individuals served by The Arc are considered essential employees, particularly those who work in grocery stores. The Arc partnered with individuals, their families, and their employers to quickly assess the individual's willingness to work. Once a person decided to continue working, businesses provided appropriate personal protective equipment and partnered with The Arc to teach each person to follow the new safety protocols. The Arc of Frederick County applauds the essential workers we serve who kept the community operating safely.



We're Hiring!

Are you or someone you know interested in helping someone have a meaningful day? Would you like to make a difference in the life of someone with a disability? The Arc of Frederick County is hiring Coaches to work directly with people with developmental disabilities in their home, job, and community. Requirements include valid driver's license, clear driving record, and a positive attitude. Must be 18 years or older to apply.

[Click Here to Apply](#)



**Bake-at-Home
Beef Brisket Dinner**
Friday, May 14th

Single Serving of Brisket- \$15.00
Served with mashed potatoes & asparagus

Spinach Strawberry Salad Entree- \$9.00

Strawberry Shortcake- \$3.00

Order by Friday, May 7th, at www.marciasbakery.com

[Click Here to Order!](#)

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