



Program and Services Catalog

From early childhood to school age, during the transition to adulthood, to ensuring a safe and secure senior life, Arc Greater Twin Cities is there to help people with intellectual and developmental disabilities and their families across the lifespan. Arc's toolbox of programs and services includes:

Information Tools

Arc offers a wide range of training programs or ArcShops. These sessions are offered at sites metro-wide or can be presented at a worksite.

- Arc Overview
- Accessing Programs & Services Overview
- Addressing Siblings' Needs
- Advocacy Basics
- The Basics of Welcoming
- Disability Laws Overview
- Guardianship
 - Guardianship Overview
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 - GetSet! for Early Childhood
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Individual Support Tools

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- Sibling Programs
- Networking Groups
- Lifetime Assistance Program
- Family Access Groups
- Action Alert Network

INFORMATION TOOLS

Fees may apply

Arc Overview

Audience: Anyone interested in learning more about Arc Greater Twin Cities and its programs and services.

Description: This presentation covers the history of Arc locally from its beginnings in 1946 and reviews the spectrum of Arc programs and services across the lifespan today.

Goal: Participants will have a good understanding of who Arc serves and how and how they might get involved with Arc as a client, volunteer and/or member.

Accessing Programs & Services Overview

Audience: Anyone interested in learning about service options for people with disabilities and how to access services.

Description: This ArcShop outlines programs such as Social Security, Medical Assistance and county services. It discusses available programs and services, how to access them and maintain enrollment.

Goal: Participants gain tools for accessing and maintaining services.

Addressing Siblings' Needs

Audience: Parents, guardians, and professionals

Description: Being the brother or sister of a person with disabilities brings joys and concerns. This presentation is about the “typical sibling” and their special role in the family. Participants will also learn about Arc’s sibling programs – Sibshops for ages 6-12; the Sibling Connection for teens and the Sibling Alliance for adult siblings.

Intended Outcome: Attendees will learn about the issues siblings may be experiencing as well as tips for supporting them

Advocacy Basics

Audience: Anyone interested in learning how to be an effective advocate.

Description: This ArcShop teaches participants how to take a proactive approach to problem-solving by identifying problems, negotiating solutions and understanding systems. It includes tips and strategies for effectively advocating and managing the paperwork related to disability services and programs.

Goal: Participants gain tools to help them become more effective advocates.

The Basics of Welcoming

Audience: Employees and volunteers of public and private businesses, faith communities, social services agencies, etc.

Description: This workshop focuses on disability awareness and how to create a welcoming atmosphere for individuals with intellectual and developmental disabilities and their families. The training covers people first language, descriptions of various disabilities and practical tips for inclusion.

Goal: Participants develop greater sensitivity and awareness of how to serve individuals with intellectual and developmental disabilities and their families.

Disability Laws Overview

Audience: Anyone interested in learning about the laws impacting people with disabilities.

Description: This ArcShop provides a comprehensive overview of the major laws impacting people with disabilities, including the Americans with Disabilities Act, the Rehabilitation Act and Minnesota laws. Attendees will gain a working knowledge of the major disability-related laws and how the laws impact services and programs available for people with disabilities.

Goal: Participants gain a better understanding of the protections provided under the law for individuals with disabilities.

Guardianship ArcShops

Guardianship Overview

Audience: Self-advocates, adult siblings, parents, grandparents, caregivers and professionals.

Description: This workshop is a one-hour overview of the guardianship process. It covers basic information about guardianship, including the powers of guardianship; less restrictive alternatives to guardianship; and the rights of the individual who is under guardianship.

Goal: Participants gain a better understanding of guardianship.

The Legal Process of Guardianship

Audience: Self-advocates, adult siblings, parents, grandparents, caregivers and professionals.

Description: An attorney who practices in the guardianship and conservatorship field will lead participants through the necessary legal procedures and processes for obtaining, ending or changing a guardianship and/or conservatorship order.

Goal: Participants understand the legal steps involved in petitioning for guardianship and/or conservatorship; identify ongoing responsibilities of the guardian and/or conservator; and understand the reasons for obtaining, terminating or modifying guardianship and/or conservatorship.

Preparing for Guardianship

Audience: Self-advocates, adult siblings, parents, grandparents, caregivers and professionals.

Description: Guardianship and conservatorship are substitute decision-making processes for individuals who may need support in making life decisions. This workshop explains the many decision-making choices that are currently available, from self-guardianship through the informal and formal substitute decision-making options.

Goal: Participants understand alternatives to guardianship and/or conservatorship; understand the reasons for petitioning for guardianship and/or conservatorship; know the difference between guardianship and conservatorship; understand the seven powers of guardianship; and know the rights an individual retains under guardianship.

Healthy Legacy

Audience: Parents of young children, self-advocates and professionals.

Description: As exposure to chemicals has grown, so has concern about the link between chemicals and developmental disabilities. This workshop offers tips for protecting children from chemical exposure, using safer household products and preserving the environment for future generations.

Goal: Participants learn how to reduce chemical exposure and protect their family's health.

It's Your Choice, Find Your Voice

Audience: People with developmental disabilities who are interested in learning more about themselves, and who would like to develop stronger self-advocacy skills.

Description: Self-awareness, self-expression and understanding healthy and safe boundaries are characteristics of a strong self-advocate. This ArcShop helps people with disabilities develop these characteristics through three units: Learning about Myself, Communicating My Choices and Community Involvement.

Each unit consists of specific topics and activities geared to becoming a stronger self-advocate. Topics covered include: Learning about myself; getting along with others; developing friendships; resolving conflicts; effective communication skills and getting involved in groups.

Goal: Participants have the tools necessary to be effective self-advocates.

GetSet! Training for Special Education Success[®]

GetSet! provides parents and professionals with information about the laws governing special education, practical information about their role in their child's IEP (Individualized Education Plan) team, and resources and information about topics relevant to IEP development. Trainings are topic-specific.

TWO-HOUR GETSET! TRAININGS

GetSet! Navigating the Special Education Process

Audience: Parents and guardians of children who receive special education services.

Description: This workshop helps participants gain a better understanding of the Special Education Process and become a more active participant on their child's IEP (Individualized Education Plan) team. Learn about how children are identified for special education services, the evaluation process, and the process of developing an IEP. The workshop also includes information on developing IEP goals, accommodations and modifications, service delivery, least restrictive environment and positive communication between home and school.

Goal: Participants gain a better understanding of special education services.

GetSet! for Early Childhood

Audience: Parents and guardians who have young children making the transition from early childhood services to school-based services.

Description: This presentation prepares parents for the changes that occur when their child moves from early childhood special education services to school-based services. Learn the difference between the Individualized Family Service Plan (IFSP) and an Individual Education Plan (IEP), and how services may be delivered. This workshop also covers the process of developing an IEP and how to work as a member of an IEP team.

Goal: Participants gain a better understanding of the IEP process and become more comfortable in their ability to advocate for their child in IEP team meetings.

Problem-Solving and Communication with Your Child's IEP Team

Audience: Parents and guardians of children receiving special education services.

Description: This workshop discusses the tools and techniques for advocating on your child's behalf.

Goal: Participants learn communication techniques to use in IEP (Individualized Education Plan) meetings and in establishing effective communication between home and school. Participants also learn the formal and informal methods of addressing problems and resolving disputes within the special education process.

GetSet! for Transition

Audience: Parents of children with disabilities ages 12 - 21, and professionals working with transition-age students.

Description: This presentation helps parents of middle school and high school students understand the special education transition process. It addresses the process for developing a transition IEP (Individualized Education Plan) and the change in focus that accompanies this new stage of planning. GetSet! for Transition offers valuable materials and resources to guide families through the many important decisions they must make when a student is preparing to take the step from school to the adult world.

Goal: Participants leave with an understanding of the transition process and knowledge of the five areas of transition, and how to incorporate them into their child's IEP goals and objectives.

GetSet! for Extended School Year

Audience: Parents and guardians of school-age children.

Description: This workshop explains the special education laws related to Extended School Year (ESY) programs.

Goal: Participants learn why it is important to consider ESY and the difference between ESY and summer school.

GetSet! Encouraging Positive Behavior in Spirited Children

Audience: Parents of children with challenging temperaments and behaviors.

Description: Develop a practical understanding of challenging behaviors and temperaments.

Goal: Participants learn tools and techniques that encourage positive behavior in spirited children.

GetSet! Addressing Behavior at School

Audience: Parents of children with behavioral concerns.

Description: This workshop helps participants gain a better understanding of how to address behavioral concerns with the IEP (Individualized Education Plan) team and school staff. It addresses issues related to behavior procedures, as well as interventions and adaptations to encourage positive behavior.

Goal: Participants learn about Functional Behavior Assessments (FBA) and developing Behavioral Intervention Plans (BIP). Participants also learn ways to establish communication between school and home regarding behavioral concerns.

ONE-HOUR GETSET! TRAININGS

GetSet! Early Childhood Overview

This presentation for parents of children receiving preschool special education services helps parents understand key elements in the special education process and ways to prepare for their child's transition to school-based services. Parents have an opportunity to address questions and concerns about this important time in their child's life.

GetSet! Special Education Overview

This presentation is on the Special Education IEP (Individualized Education Plan) process. The goal is to help participants better understand the process and their role in the development of the IEP. There is time for informal sharing and questions. This presentation is excellent for parent networking groups and groups of professional seeking a better understanding of the special education process.

GetSet! Addressing Problems - Finding Solutions

This workshop is designed to give participants a better understanding of formal and informal methods for addressing problems related to the special education process and the IEP (Individualized Education Plan). This presentation provides information and tools that prepare participants to address issues as they arise. This presentation is excellent for parent networking groups and professional groups.

GetSet! for Transition IEP Overview

This workshop is designed for parents of students ages 12 - 21 and professionals working with these youth. The presentation gives participants a basic understanding of the laws related to transition and the development of a transition IEP (Individualized Education Plan). It helps participants gain a better understanding of the five major areas of transition and how these areas might be addressed on an IEP.

Realize Your Power: Prepare, Practice and Participate in Public Policy

Audience: People with disabilities and their families, professionals and interested community members.

Description: Realize Your Power is a comprehensive set of trainings designed to promote increased civic engagement. This six-session program can be given as a single 7-8 hour event or each session can be presented on its own.

Goal: Participants gain the tools they need to become actively involved in policy change and learn engagement skills with their policymakers.

Sessions:

1. Your Partnership in The Arc (1.5 Hours)

- Arc's Position Statements and National, State and Local Presence
- Overview of Government Representatives Making Decisions on Disability Issues (Congress, State Senators and Representatives, County Commissioners, City Councils, School Boards)
- Thinking Globally, Acting Locally
- Arc's Action Alert Network
- Who Are Your Elected Representatives
- Contacting and Visiting Policymakers
- Hosting Policymakers
- Public Policy Leadership Committees
- Self-Advocacy

2. Voting Your Values (1-1.5 Hours)

- Why Vote?
- Voter Registration Process
- Voting for What You Care Most About
- Understanding What Decisions are Made By What Offices
- Researching Candidates
- Participating in Candidate Forums

3. Telling Your Story: Preparing a Testimony for Change (1.5-2 Hours)

- Discussing Questions to Addressing What has Impact in a Story
- Key Elements to Share in Preparing Your Story
- Writing Your Stories for Testifying
- Practicing Talking to Your Policymaker
- Perspective of an Elected Official

4. Engaging Your Neighbors and Friends (1.5 Hours)

- Talking with Friends, Neighbors and Family about Key Issues for People with Disabilities.
- Preparing to Host a Home Visit with Elected Representatives
- Becoming a Leader for Your Senate or House District
- Tracking Volunteer Involvement

5. Expanding Your Influence (1-1.5 Hours)

- Basic Review of Systems Advocacy
- Arc's Public Policy Action Networks
- Serving on Systems Advocacy Committees and Workgroups:
 - MN Department of Human Services Work Groups
 - MN Department of Education Task Forces
 - MN Consortium for Citizens with Disabilities
 - The Governors Planning Council on Disabilities: Partners in Policymaking
 - Local School District Community Transition Interagency Committees
 - Local School District Special Education Advisory Councils
 - Local School District Interagency Early Intervention Committees
 - Community Advisory Councils

6. Understanding Your Scope of Influence (2 Hours)

This session discusses challenges and issues related to people with intellectual and related developmental disabilities, Arc's priorities and how constituents can promote inclusion and self-direction in the following areas:

- Housing
- Employment
- Health/Managed Care (MA)
- Transportation
- Education
- Analyzing Policies and Legislation
- Leading Others in Your Community

TOOLS FOR SUPPORT

Fees may apply

Information and Assistance

Audience: Anyone who is seeking assistance and/or has a disability-related question.

Description: Arc advocates are available Monday – Friday from 8:30 a.m. – 5 p.m. to respond to requests for assistance via telephone, e-mail and in-person contacts. Advocates help people navigate government, healthcare, education and other community services to find the best solution for their families. Multilingual staff or interpreters are available to assist callers who speak languages other than English.

Goal: Individuals receive information and/or are connected to advocacy services.

One-to-one Advocacy

Audience: Parents, self-advocates and guardians.

Description: Advocacy cases are characterized by ongoing work with a family or an individual on an identified disability related issue. These issues revolve around navigating government, healthcare, education, critical community services, lack of culturally appropriate services, etc. Arc advocates work with families and individuals to identify critical needs and develop an individualized plan of support to access needed services, make services more responsive to their individual needs, and increase their knowledge and skills. Through individual advocacy, advocates also provide coaching around problem-solving, communication, advocacy skills and mentoring to help parents increase their skills.

Goal: Parents, self-advocates and guardians are supported in their role as advocate, and will gain skills to advocate effectively for their needs or the needs of the individual under their guardianship.

Sibling Programs

1. Sibshops (ages 6 – 12)

Audience: Children who have brothers or sisters with intellectual and developmental disabilities.

Description: Kids take part in recreational activities and games that encourage informal sharing, problem-solving, making new friends and having fun. The focus is on them and their special role in the family. Children can come every month or occasionally.

Goal: Brothers and sisters of individuals with intellectual and developmental disabilities have an opportunity to meet, share experiences and gain peer support.

2. Sibling Connections (ages 13 – 17)

Audience: Teens who have brothers or sisters with intellectual and developmental disabilities.

Description: Teens take part of a variety of recreational activities in the community to encourage informal sharing, making new friends and having fun. Teens can attend occasionally or monthly. Event planning is guided by teens' recommendations.

Goal: Brothers and sisters of individuals with intellectual and developmental disabilities have an opportunity to meet, share experiences and gain peer support.

3. Sibling Alliance (ages 18+)

Audience: Adult siblings of individuals with developmental and intellectual disabilities.

Description: Networking, educational, and outreach opportunities throughout the year.

Goal: To support adult siblings of people with disabilities.

Networking Groups

Audience: Parents and relative caregivers of children and adults with developmental disabilities.

Description: Networking groups offer a combination of information, emotional support and resources. Some groups offer informal networking, while others have scheduled speakers and educational topics.

- Caregiver groups: for people who support or provide care for an adult with a disability.
- Disability-specific groups: focus on particular disability related information or conditions such as autism or Down syndrome
- General groups: focus on parents and caregivers of school-age children with any type of disability.
- Topic-specific groups: focus on a specific topic or area of interest such as housing or education.

Goal: Families who are affected by intellectual and developmental disabilities have an opportunity to connect informally with each other and share the joys and concerns of caring for their loved ones.

Lifetime Assistance Program

Audience: Guardians of individuals with developmental disabilities who are interested in planning for the future.

Description: Arc Greater Twin Cities' Lifetime Assistance Program combines long-term legal and financial planning with personalized support to help achieve lifelong quality of life for a family member with an intellectual or developmental disability. The overview of the Lifetime Assistance Program provides information about the importance of planning for your loved one, including how and why to establish and fund a supplemental needs trust. Other documents and planning tools are also discussed, including the flow and structure of Arc's Lifetime Assistance Program.

Goal: Participants gain a better understanding of critical areas in long-term planning so they can create continuity of care and ensure quality of life for their loved one well into the future.

Family Access Groups

Audience: Family members of people with intellectual and developmental disabilities from culturally-specific communities: Hispanic, Hmong, African American and Somali.

Description: Family Access Groups provide bilingual educational and networking opportunities for families from different cultures affected by developmental disabilities. The entire family is welcome to talk, eat, learn and play.

Goal: Families gain information and support to assist in meeting the needs of their families and their family member with a disability.

Action Alert Network

Audience: Individuals interested in public policy and systems change.

Description: Members of Arc's Action Alert Network are e-mailed Action Alerts when bills or policy changes on disability-related issues are under consideration at the local, county, state or national levels. Action Alert members are provided a sample e-mail or phone call script for contacting their policymakers.

Goal: Policymakers are contacted by a constituent every time they are making decisions which will affect people with disabilities and their families, so that decisions are made understanding their impact.

For more information, call 952-920-0855
or visit www.arcgreatertwincities.org