

Building Inclusive Communities

The Arc fosters inclusive communities that support people with developmental disabilities to fully participate in and contribute to all aspects of community life. The Arc provides information, has a variety of resource materials and trainings available to promote inclusion.

Promoting Accessible & Coordinated Transportation System

Community advocates participate on a variety of transportation committees in order to educate the community about the transportation needs and concerns of individuals with developmental disabilities.

Promoting Affordable, Accessible and Safe Housing Options

The Arc participates on a variety of housing committees; provides information, guidance and counseling to assist individuals to increase their independent living skills and access affordable housing.

Adult Caregiver Support Group

Interactive meetings with featured speakers on topics impacting families who have an adult son or daughter with disabilities. Meetings are the third Wednesday of the month (Sept thru June), 11am to 12:30pm at The Arc office.
425-258-2459 x113

The Arc of Snohomish County
425-258-2459
www.arcsno.org

Statewide Resources

Informing Families

Informing Families provides news, information and age-related topics in an interactive website designed to assist individuals and families in building a support network and planning for the future. Provided by Washington State DDC, DDA and other statewide partners.

www.informingfamilies.org

Disability Rights of Washington

A non-profit organization that protects the rights of individuals with disabilities and provides information, referral and training regarding disability rights (including special education).

www.disabilityrightswa.org

206-324-1521



The Arc of Snohomish County
2500 Hewitt Ave. Suite 300
Everett, WA 98021
425-258-2459
www.arcsno.org
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Independent Living



Mission Statement

The Arc fosters respect and access for individuals with intellectual and developmental disabilities and their families, giving them the power to achieve a full and satisfying life.

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About The Arc of Snohomish County

The Arc of Snohomish County is an information hub for individuals with developmental disabilities and their families; The Arc offers monthly support groups, workshops, meetings and activities, and provides information on community resources and opportunities.

A family-driven organization which recognizes **each family is diverse** with unique needs, Arc programs are designed to foster self-advocacy and promote inclusion.

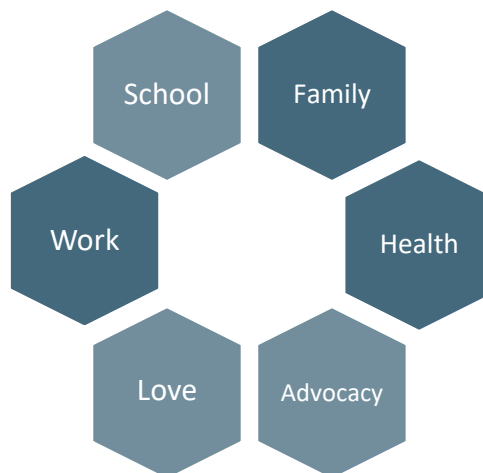
The Arc of Snohomish County is affiliated with The Arc of Washington State and The Arc of the United States.

Become an Arc Member

The Arc's programs are made possible in part through membership and the support of our community.

www.arcsno.org

Achieve with us.®



Independent Living

The Arc fosters respect and access for all individuals with intellectual and developmental disabilities and their families, giving them the power to achieve a full and satisfying life. The Arc's Independent Living Program provides support, information, resources, education and referrals for successfully navigating vital service systems are necessary to ensuring healthy and productive lives. These systems include:

- DDA (Developmental Disabilities Administration)
- Social Security Disability Benefits
- Medicaid/Medicare
- Snohomish County Human Services
- DVR & Employment Providers
- Transportation Systems
- Housing Information & Options
- Limited Emergency Assistance (utilities/rent)
- Social & Recreational Opportunities
- Representative Payee Services
- Guardianship & Alternatives
- Special Needs Trusts
- Care Provider Resources
(Agency, IP & Parent Providers)

Person-Centered Planning:

*The process of creating a life-vision by focusing on the whole **person**, rather than one's disability and available services.*

Planning results in a highly personalized, goal-oriented roadmap designed to achieve community involvement and inclusion, self-determination, and maximum independence.

Charting the LifeCourse Program

Charting The LifeCourse is a resource offering person-centered planning tools to help individuals and their families explore options for a good life, including, but not limited to: employment, continuing education, community living, spirituality, safety, technology and self-advocacy.

This strengths-based approach encourages planning and review early and often, skill and resource development, as well as self-determination.

Tools and training are available through The Arc's Special Education Coordinator or Snohomish County Developmental Disabilities Administration.

<http://supportstofamilies.org/resources/lifecourse-toolkit/>

**For information on The Arc programs,
or to join our mailing list, contact:**

The Arc of Snohomish County

425.258.2459

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