



*For people with intellectual and developmental disabilities*

# INDIVIDUAL and FAMILY ADVOCACY



Standing up for your rights can be intimidating.  
With The Arc Minnesota Southeast Region individual and family advocates  
you have someone **standing with you.**

# different

The Arc Minnesota Southeast Region is different from other disability organizations. We serve people with many kinds of intellectual and developmental disabilities (I/DD). We are concerned with the life of an individual, from prenatal care to end of life care, and with all needs an individual and his or her family might have. We are a grassroots, member-driven charitable 501(c)(3) that is:

## LOCAL

We meet personally and work directly with the people and families we serve in Dodge, Fillmore, Goodhue, Houston, Olmsted, Rice, Wabasha, and Winona counties.

## TRUSTED

Our first and ultimate priority is being a person-centered, person-first organization. When working with us, you can be confident that our policies and business structure will not conflict with keeping your interests first.

## RESPECTED

With more than 60 years experience advocating for people with I/DD, The Arc MN Southeast Region is widely regarded as being knowledgeable and fair with all parties. Our approach to advocacy will help assure you attain beneficial outcomes as well as lasting, productive relationships.

*"Our advocate saved us, helping our child to victory by offering assistance through parental education, empowerment, and advocacy. Thank you!"*

B.K., parent  
Olmsted County

# alike

Our motivation starts with the simple truth that people with intellectual and developmental disabilities (I/DD) are people first. **They and their families have needs, wants, and dreams like everyone else, and like everyone else...**

- can and should be able to choose how they live, work and play.
- have the same civil rights as all individuals.
- should have their needs addressed as a whole person.
- can achieve their dreams when they have education, support, and the opportunity to make choices.



## OUR VISION

People with intellectual and developmental disabilities and their families will live full and complete lives as valued and engaged members of their communities.

# challenges

For people and families impacted by intellectual or developmental disabilities (I/DD) there can be great mental and emotional pressure. As you attempt to understand your rights and work to coordinate dependable services, you may face challenges that include:

- **Complex issues with health care, education, housing and employment**
- **Coping with demanding and prolonged care tasks**
- **Increased risk of financial stress**
- **Avoiding stigma and disability-related discrimination**
- **Arranging for continued support into later childhood, adolescence and adulthood**



*“The Arc SE MN is there for us. When we call with questions, they answer. When we need support at meetings or a doctor appointment, they are right there to support us.”*

K.L. – parent  
Rice County, MN

# solutions

Our advocates are well-informed of your rights and the broadly differing needs of people who have disabilities. Advocacy services\* we provide include:

## EDUCATION RIGHTS

Meeting with educators, we help children who have I/DD get an appropriate, Individualized Education Plan (IEP), including special related services if needed.

## HOUSING ACCESS

Helping eligible southeastern Minnesota adults with disabilities seek and locate suitable, affordable, accessible housing of their preference.

## SELF-ADVOCACY

As strong supporters of self-determination, our advocates teach self-advocacy and our agency hosts the local group of the statewide network, Self-Advocates Minnesota (SAM).

## QUALITY IMPROVEMENT

For us, improving quality of care for persons who have I/DD is a core commitment. In running the new Region 10 Quality Council, we play a leading role in assuring all voices are heard and expanding person-centered, person-directed services.

## TOTAL LIFE PLANNING

Through The ArcPlan, families gain peace of mind knowing their loved ones with disabilities will be taken care of should the parents die or become unable to provide needed care.

## INFORMATION & REFERRAL

Our long history, engaged membership, and nationwide network can help you find the resources, answers and support you need.

\* All services, except The ArcPlan, are provided at no charge.

# *Achieve with us.®*

The Arc is the largest national community-based organization advocating for people with intellectual and developmental disabilities and their families.



*"If you are someone with an intellectual or developmental disability, we hope you will contact us. You'll find a warm welcome from people who understand your needs and are ready to work with you and your family."*

Elisabeth Hennessey  
Regional Director

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