

Who We Are



For people with intellectual
and developmental disabilities

Achieve with us.[®]



At The Arc, we believe in **choices for everyone** and on focusing on what people **can do** rather than what they cannot. The Arc Minnesota is a **non-profit, grassroots, membership organization** serving children and adults with intellectual and developmental disabilities and their families. These disabilities include **autism, cerebral palsy, Down syndrome, and other related conditions.**



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The Arc Minnesota **promotes** and **protects** the human rights of people with intellectual and developmental disabilities, actively supporting them and their families in a lifetime of full inclusion and participation in the community. The Arc's roots in this community began **70 years ago** with a small gathering of parents, family members and educators who got together to discuss their hopes and dreams for their children with intellectual and developmental disabilities. At that time, resources and supports for people with disabilities simply did not exist.



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These parents were **visionaries**. They helped to lead The Arc movement and guide our society closer to understanding and embracing such basic human rights as living, learning, working, and playing in our community.



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Three generations later, people with disabilities are **important members** of our communities. Children and adults with intellectual and developmental disabilities are our **neighbors, friends, classmates, co-workers and fellow worshippers**. The Arc Minnesota has been and continues to be there during **every step of life's journey** for individuals with disabilities and their families.



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What We Do



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What We Do

- Answer questions and provide resources to help people with disabilities and their family members
- Help adults with disabilities and families access necessary services, navigate systems, pursue their rights and resolve problems
- Strengthen families and connect them with services and other parents, siblings, spouses or caregivers is an important focus of The Arc's work



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Non-English Speakers

- The Arc has Spanish, Hmong, and Somali speaking advocates on staff
- Interpreters are available in other languages



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What We Do



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Family Connections

- **Ask an Advocate:** Free and personalized consultation on a variety of issues impacting individuals with disabilities
- **Community Engagement:** Shaping laws and policies at local, state and federal levels to create opportunities for a good life in the community



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Family Connections



- **Self-Advocacy:** leadership development and public policy engagement for adults with disabilities
- **Abuse Prevention:** Provides training and resources for people with disabilities and those who support them
- **Housing:** Resources and assistance in finding or maintaining affordable, integrated housing in the community



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Family Connections

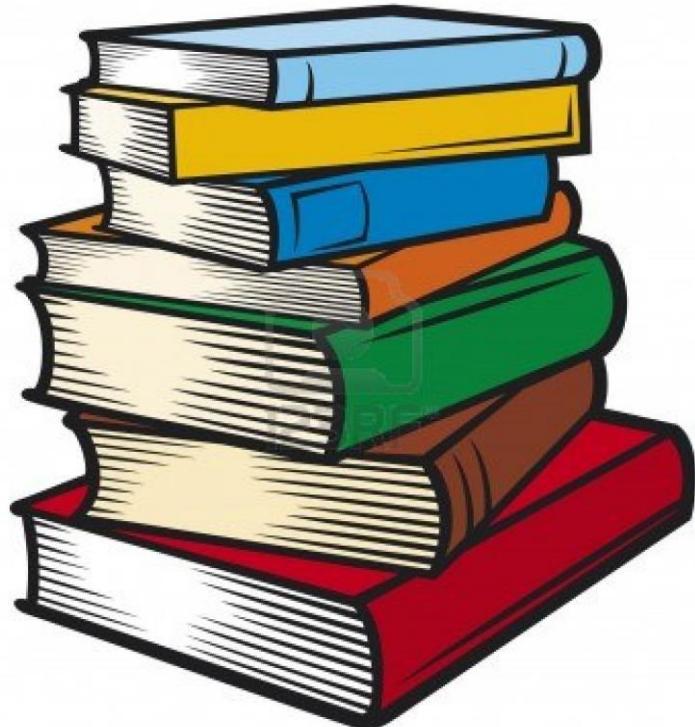
- **Health Care Assistance:** support in obtaining Medical Assistance and navigating the health care system
- **Employment:** information and guidance to support people in obtaining successful employment



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Family Connections



- **Education:** Addresses academic issues by providing information, coaching and strategies to parents and guardians
- **Guardianship:** Assists families learn the basics of guardianship and the legal aspects of 18 and adulthood



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Family Connections

- **Planning Your Future:**
Uses a person-centered approach, including FutureLife Options™, to provide comprehensive planning for the future of a person with a disability
- **Government Benefits:**
Help determine eligibility and application for government benefits available to individuals with intellectual and developmental disabilities



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Other Services



- **Systems Change:** Educating policymakers about the needs and issues of people with disabilities
- **Community Outreach:** Reaching out to underserved communities to help overcome cultural barriers and obtain services
- **The Arc's Thrift Businesses:** Significant funding - 27% of The Arc's revenue comes from the 5 Arc's Value Village Thrift stores with volunteers comprising a large portion of the workforce



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