



The Arc's Mission

Achieve With us!

The Arc Minnesota was created in 1946 as a grassroots advocacy organization by parents and educators who wanted to create options outside of institutionalization for their children with intellectual and developmental disabilities. These disabilities include Down syndrome, autism, fetal alcohol spectrum disorder, cerebral palsy and other related conditions.

The Arc also fosters respect and access for individuals with intellectual and developmental disabilities and their families giving them the power to achieve full and satisfying lives. People with intellectual and developmental disabilities and their families trust Advocates at The Arc for help in addressing issues that affect their lives. Advocates provide personalized information, navigation and referrals on disability issues and systems throughout the lifespan. The Arc also engages people in public policy advocacy to create positive systems changes and to promote and protect the human and civil rights of people with disabilities.

The Arc Minnesota operates with a budget of more than \$4 million. Advocacy, programs, and services that directly benefit people are made possible through the generosity of individual donors, corporations and foundations.

In 2018, 16,000 individuals were supported through The Arc Minnesota's programs and services and 90% of survey respondents agreed that The Arc helped them advocate for themselves or their loved one and said they would contact us again for support.





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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 their communities.



adults with Autism Spectrum Disorders, estimated to occur in as many as 1 in 88 individuals.

The Arc Minnesota supports individuals with its programs and services addressing their immediate needs, navigating eligibility, identifying options and providing education and training to address issues. We continue to expand our reach into diverse populations with a focus on supporting individuals with incomes before the poverty level.

Volunteers have also always been vital to The Arc ...and they still are. In 2018, over 18,500 volunteers contributed over 136,050 hours at the agency and its thrift businesses. We are The Arc Minnesota. **Achieve with us!**



The Arc Minnesota serves the majority of the state of Minnesota. According to the U.S. Census Bureau 1% - 3% of the U.S. population has an intellectual and developmental disability. The organization serves children and





Facts about The Arc

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The Arc's programs and services help children and adults with disabilities and their families access necessary services, navigate complex systems, pursue their rights and resolve problems. Specific programs and services include the following:

- **Ask an Advocate** - One-to-one intensive support for children and adults with disabilities and their families by providing free consultation by phone, in person or by email on a variety of issues impacting individuals with disabilities.
- **Abuse Prevention** - Individuals with disabilities are at far greater risk for abuse than people without disabilities. Provides training and resources for people with disabilities and those who support them.
- **Community Engagement** - Shaping laws and policies at the local, state and federal level by promoting civic engagement to create opportunities for a good life in the community.
- **Education** - Addresses academic issues and participation in the school community. Advocates provide information, coaching and strategies to parents and guardians.
- **Employment** - Provides information & guidance to support people in obtaining successful employment.
- **Government Benefits** - Assists in determining eligibility and applying for government benefits available to individuals with intellectual and developmental disabilities.
- **Guardianship** - When an individual turns 18, they are considered a legal adult and their own guardian. Assists families in learning the basics of guardianship.
- **Health Care Assistance** - Support in obtaining Medical Assistance & navigating the health care system.
- **Housing & Housing Access Services** - Provides resources and assistance in finding and maintaining affordable, integrated. Housing Access Services assists people with disabilities who are eligible for a Medical Assistance Home Care Service in finding and moving to independent homes of their own.
- **Micro Grant Partnership** - offers modest grants to persons with disabilities to achieve person-centered goals around competitive employment, inclusive housing and community integration
- **Planning Your Future** - Utilizing a person-centered approach including FutureLife Options™ to create a comprehensive planning guide for the future of a person with a disability.
- **Regional Quality Council** - Examines and improves services for people with disabilities in specific regions and encourage community involvement.
- **Self-Advocacy** - Provides leadership development & policy engagement for adults with disabilities.



Facts about The Arc (continued)

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Community Engagement & Systems Change

The Arc enlists individuals and groups to help educate policymakers about the unique needs and issues facing people with intellectual and developmental disabilities and their families. The Arc strives to shape systems and policy on issues across the life span. Opportunities include The Arc's Action Alert, a network that mobilizes more than 2,800 volunteer members when critical policy decisions are at stake.



Community Outreach and Self-Advocacy

The Arc Minnesota prides itself on reaching out to underserved communities to help families overcome cultural barriers and obtain critical services. Participation in The Arc's culturally-specific programs has increased tremendously in recent years. The Arc also provides workshops and conferences on self-advocacy. Self-advocacy teaches youth and adults with disabilities skills to make their own choices, speak on their own behalf and be more independent.



The Arc's Thrift Businesses

The Arc Minnesota obtains significant funding for its programs and services through Arc's Value Village Thrift Stores & Donation Centers and Autos for Arc. Thanks to generous support from residents and businesses, these businesses generate about 31% of the revenue needed each year for The Arc's work. Volunteers make up a large portion of the workforce at Arc's Value Village, enabling more proceeds from the stores to go back to work in the communities we serve.

