

Guide to Services



About Easterseals Arc

Easterseals Arc is dedicated to helping people with disabilities become as independent as possible, while also providing support and resources for family members. No other local organization offers as many choices—from residential support to day programs to employment services to respite.

We offer programs and services that help individuals:

- ◆ **Live** independent lives
- ◆ **Learn** skills to develop and thrive
- ◆ Prepare for **work** in the community
- ◆ Relax and socialize at **play**

We recognize that each individual has different needs and interests, and we'll work hard to find the best solutions for meeting those needs and feeding those interests.

As you explore our programs, please keep in mind that we can work with you to customize a plan to support your unique goals.

The Easterseals Arc Difference

A few things to know about Easterseals Arc:

- ◆ **We are non-profit.** We care about the individuals we serve, not shareholders, and we seek out donors and community partners to help meet needs not covered by individuals' benefits.
- ◆ **We are local.** Although we are affiliated with two national organizations, Easterseals and The Arc, we are an independent agency with deep community ties in northeast Indiana.
- ◆ **We have history.** Easter Seals Arc was founded in 1954 by a small group of Fort Wayne parents who held a dream for their children with developmental disabilities. Originally

Getting Started

Whether you know exactly what services you need and want or need guidance exploring your options, we can help. To get started, call our intake and transition specialist at 260.456.4534 to learn more about our programs or tour our facilities.

CARF Accreditation

CARF International is an independent, nonprofit organization that surveys and accredits health and human services providers worldwide. A service or program that is CARF accredited has passed an in-depth on-site review and has demonstrated substantial conformance to internationally recognized standards for quality.



Easterseals Arc is accredited by CARF in the following programs and services:

- ◆ Adult Day Center
- ◆ Behavioral Services
- ◆ Community Employment
- ◆ Community Living
- ◆ Respite
- ◆ Projects Drive Group
- ◆ Recreation
- ◆ Structured Family Caregiving
- ◆ Supported Living
- ◆ Transitions

We provide hands-on, comprehensive, vital programs and support to help people reach their full potential.

Community Living

The Community Living program offers assistance to individuals who live on their own. Direct support professionals provide 10 to 40 hours of customized services per week based on the needs of the individual. Some examples of the areas in which we can provide help include grocery shopping, finances, medication management, medical appointments, housekeeping, and community integration.

Supported Living

Supported Living provides assistance as needed around-the-clock to individuals with disabilities living together in their own house or apartment. Usually two to five individuals with disabilities live together in a house or apartment, and Easterseals Arc provides direct support professionals to assist with life skills. Our community integration team ensures that participants in our supported living program have opportunities to pursue their personal interests.

Group Homes

Easterseals Arc opened Indiana's first licensed group home for people with disabilities in 1960, and the agency now owns or leases eight group homes in Fort Wayne. Each group home is designed to accommodate five to eight people with similar disabilities. Individual plans are created with each resident, including life goals in all developmental areas. Our community integration team ensures that residents of our group homes have opportunities to pursue their personal interests.

Structured Family Caregiving

Individuals in Structured Family Caregiving live with an adult or a family in a home setting. This program is ideal for people who want to live in a family environment. The caregiver, also known as a householder, provides supervision and support to the individual as well as integrating him or her into the family.



"I have known these good folks so long, I cannot remember when they were not in my life. Helping me, supporting me and making my life better."

~ Martha

Wellness Coordination

Wellness coordination provides an ongoing wellness plan for eligible individuals. It includes development and monitoring of a wellness plan, as well as regularly scheduled visits and consultations with an agency nurse.

The Easterseals Arc Difference

On-Site Clinic

Lutheran Medical Group operates a clinic in Easterseals Arc's Coldwater Road building to help individuals with disabilities gain access to medical care in a convenient, comfortable location. All individuals served by Easterseals Arc are eligible to use the clinic as their primary care provider or for treatment of illnesses and injuries

Learn

We provide programs designed to help children and adults learn basic functions, master skills needed to develop and thrive, and be sharp and active as they age.

Transitions

The Transitions program helps individuals prepare for the next phase of their life, whether they are just leaving high school or simply striving to increase independence through education and employment. Participants complete 17-week rotations in three areas of focus: pre-employment skills development; post-secondary education; and community exploration.

Adult Day Center

Our Adult Day Center provides meaningful day programs for people age 18 and older with a wide range of needs. Daily activities include hobby groups, games, art, music, health and wellness programs, recreation, and socialization programs. Activities take place in small group settings with staffing to match the needs of the participants.


Behavior Solutions

The behavior solutions team helps individuals decrease disruptive or inappropriate behaviors and increase skills needed for success in the home, school, workplace, and community. Individuals are matched with one of our behavior consultants, and the consultant then helps the individual and family create a road map to reach goals.

The Easterseals Arc Difference

Family Supports Program

For individuals who live with their families, the Family Supports Program provides resources and support to their families and caregivers. Services include intensive family case management, specialized trainings, classes to help family members care for themselves, and support groups.



"Coming to Easterseals Arc was a great beginning, and it helps me pursue my dreams."

~Jodi

Journey to Independence

Journey to Independence focuses on developing an individual's skills to be able to live as independently as possible. Services include skills classes such as cooking, housekeeping, social skills, relationship skills, and functioning within the community. We also provide help with assessing and obtaining assistive technology.

Dream Teens

Dream Teens offers teens and young adults the opportunity focus on pre-employment skills and resources in a fun atmosphere during school breaks. Participants work on skills in five areas: job-exploration counseling; post-secondary education; self-advocacy; work-based learning experiences; and workplace-readiness training.

Work

We offer a range of training, placement and related services that help people prepare for the workforce—because meaningful work is often the key to overcoming challenges and having a good life.

Community Employment/Vocational Rehabilitation

As a Vocational Rehabilitation Services provider, we assist people with disabilities as they prepare for, obtain, and retain employment in the community. Employment services are customized based upon an individual's needs and may include:

- ◆ Resume development and help with job applications
- ◆ Pre-vocational skills training
- ◆ Interviewing practice
- ◆ Job coaching
- ◆ Follow-along support

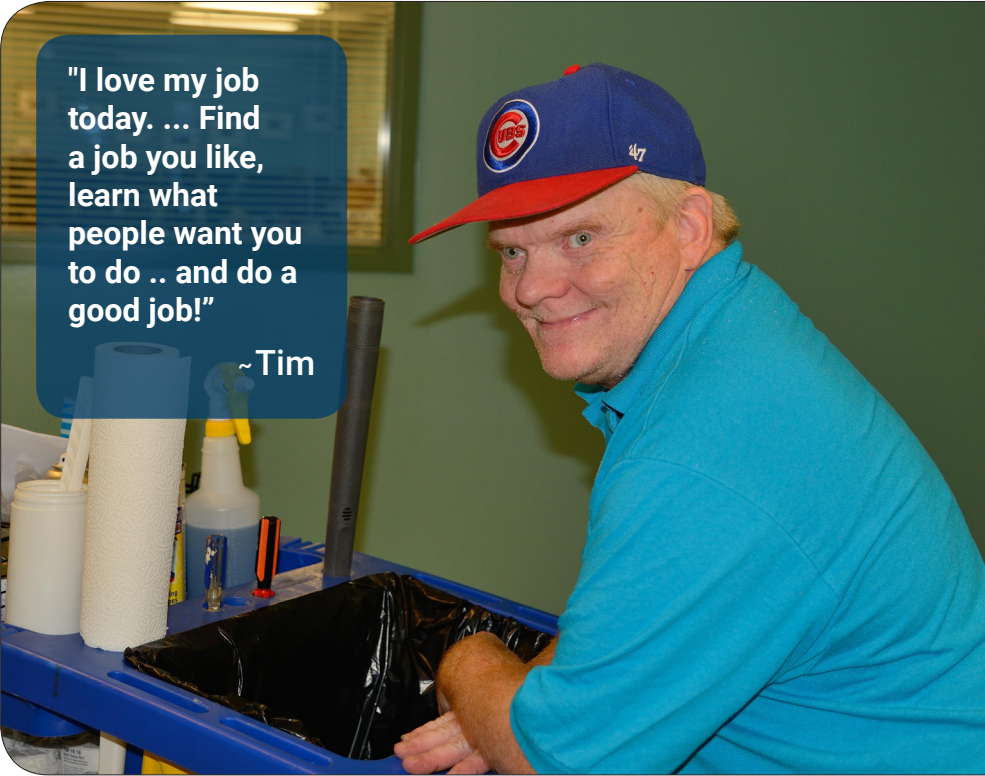
The Easterseals Arc Difference

Employment Readiness Academy

The Employment Readiness Academy is a unique mentorship program launched in partnership with Lutheran Hospital in 2015. Small groups of four to six individuals are chosen for an intensive 18-week hands-on training experience during which they gain skills and confidence to prepare them for the workforce. In addition to Lutheran Hospital, we now have Employment Readiness Academies at St. Joseph Hospital, SIRVA, Ivy Tech Community College, and the YMCA.

Projects Drive Group

Projects Drive Group provides opportunities to work, volunteer, learn new things, and enjoy hobbies. Career development is available through classes, employment readiness programs, and job exploration activities. Work opportunities are available at PDG based on contracts from local businesses. Clubs, classes, and outings help individuals pursue their interests and enjoy the community.

A photograph of a man, Tim, wearing a blue polo shirt and a blue baseball cap with a red brim and a circular logo. He is smiling and looking towards the camera. He is standing next to a blue utility cart that holds various cleaning supplies, including a roll of white paper towels, a white bucket, and a spray bottle. The background is a plain, light-colored wall.

"I love my job today. ... Find a job you like, learn what people want you to do .. and do a good job!"

~ Tim

Enclaves

On-site work crews, also known as enclaves, are one of the ways in which Easterseals Arc helps match the employment needs of our consumers and the workforce needs of area industry. In this model of employment, four to 10 individuals work as a team at an area business. Training, supervision and support are provided by an Easterseals Arc staff member; however, the crew works in an integrated setting alongside people without disabilities.

Play

We offer fun, healthy programs for children, adults and caregivers to relax, connect with friends and engage in constructive activities—all necessary to living the best life possible.

Recreation

For more than 30 years, Easterseals Arc has provided an extensive slate of recreational opportunities for people with disabilities. Our monthly recreation calendar features activities and events such as concerts, movies, dances, bingo, bowling leagues, softball leagues, sports events, festivals, theater performances, and more. Easterseals Arc teams and individuals are also very active in Special Olympics, competing in ballroom dancing, track and field, basketball, and bocce.

Respite

Respite services provide fun, safe, and educational activities for loved ones that enable caregivers to take a break. Services can be scheduled as needed at our Respite House or caregivers can take advantage of one of our planned respite opportunities, such as:

- ◆ embArc on Adventures, an after-school program from 2 to 8 p.m. Mondays through Thursdays at the Respite House
- ◆ Special activity nights, such as game nights or movie nights
- ◆ Parents Night Out on Friday evenings, which offer restaurant and movie gift cards for parents to enjoy a relaxing evening
- ◆ Week-long overnight summer camps

Mini Dreamers

Mini Dreamers is a summer day program for children ages 6 to 13. Participants will enjoy in-class experiences and community outings to help them see their potential and explore possibilities for the future.

The Easterseals Arc Difference

Community Integration

Our community integration team takes a person-centered approach and enables individuals to explore their own interests through one-on-one activities in addition to peer group outings.

Community integration coordinators talk with each participant to find out what their interests are. The coordinator and the participant work together to plan activities. For example, one individual who was fascinated with lighthouses went on a trip to Michigan to see a real one. Another individual took his first vacation, visiting Memphis to see Graceland, Beale Street, and other sights. When several individuals expressed a desire to travel, the staff coordinated a day visit to Chicago for a group of about 30 people.



While most Easterseals Arc programs include group outings, the community integration program helps individuals explore the world on their terms when peers don't share the same interests.

Our Purpose

To change the way the world
defines and views disability
by making profound,
positive differences
in people's lives every day.



260.456.4534

www.eastersealsarcnein.org

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