



We Care

Direct Service Programs

Providing Individualized Care

The
Arc
Of East Central Iowa

Serving individuals with
cognitive disabilities and their
families since 1953.

In 1953, a group of parents recognized the need for services for their children who were affected by cognitive disabilities. Resulting from the efforts of those founders, The Arc now offers multiple programs that improve the lives of individuals with disabilities such as autism, cerebral palsy, Down syndrome, fetal alcohol syndrome, mental retardation and other developmental disorders. Programs focus on service, advocacy and support for individuals and families with a strong emphasis on person-centered planning.

Opportunity

The Arc is a partner agency of the United Way of East Central Iowa, and a member of the Iowa Association of Community Providers, The Arc of the United States, and other organizations. These partnerships create a strong network that support the members and constituents of the agency.

Change Influence

Membership

The Arc of East Central Iowa is a grass roots organization that includes families, community members, policy makers, and friends. Our strength and influence rely upon a strong and active membership.

Membership is for anyone who believes people with cognitive disabilities deserve supports and services to reach higher levels of independence and enjoy full productive lives.

Membership can create influence at the local, state and national levels of government. A large membership allows The Arc to expand advocacy and support to individuals, families, and the community.

Your Arc of East Central Iowa membership automatically provides you with membership and benefits from The Arc of the United States. You will receive the national Arc newsletter and access to quality programs for life insurance, in-hospital dollars, Medicare supplement, auto and home insurance, and more.

Arc members have literally changed the world for people with cognitive disabilities and their families. Children and adults with cognitive disabilities have moved out of institutions and into the community. Because of the hard work of Arc members, people with disabilities today have choices in how they live, learn, work, and play.

Direct Service Programs

In-Home Services

Respite Programs

Often, it is difficult for families to find an experienced caretaker for someone with special needs. Respite is the supervised temporary care of a child or adult with a cognitive disability. Because family needs differ, a variety of Respite services are available.

In-home Respite

Care takes place in the consumer's home or in the home of a registered provider. Consumers may choose to participate in community activities with their provider. In-home Respite may be scheduled on a regular basis or as needed, and may vary from a few hours to extended stays.



Group Respite

The Arc regularly schedules Friday evening and Saturday group Respites in accessible locations in Cedar Rapids. Group Respite can also be an organized outing sanctioned within the program guidelines.

Getaway Respite

Getaways are theme-based daylong, overnight, or weekend group activities in the community. Trained staff supervise all outings and assist consumers full participation in all aspects of the activity.

Supported Community Living (SCL)

The individual consumer and family are part of an interdisciplinary team that design a skill-based training program intended to assist the consumer in becoming more independent in his or her home and community. The supports of this program foster as much choice and decision making by the consumer as possible. Skill training includes areas of daily living activities such as table setting and grocery shopping among others.

Consumer Directed Attendant Care (CDAC)

Individuals who cannot perform basic self-care skills at home can access Consumer Directed Attendant Care. Trained staff assist consumers with tasks that would otherwise be done independently. Assistance may include tasks such as: dressing, bathing supports, meal preparation, eating, transportation, and others.



Center-Based Services

The Arc has provided daycare to families since 1997 with the goal of meeting the needs of each child who participates. The Arc understands the needs of young people with cognitive disabilities. Daycare programs are offered year-round in licensed centers that exceed the state required staff-to-participant ratio. The Arc provides participants a positive, interactive and social environment.

BASICS (Before/After School Inclusive Childcare Services)

Children with and without disabilities can access this inclusive program.

BASICS is designed to serve elementary age children (K-5). The program focuses on skill development in areas of sharing, appropriate social skills, and personal hygiene; as well as incorporating learning through field trips, crafts, and developmental activities.

OASIS (Opportunities, Activities, Support, and Inclusive Services)

OASIS is designed to provide middle and high school age children enriching activities within a structured setting. The program addresses support needs for teenagers who have cognitive disabilities. Inclusion is promoted by inviting peers to visit and participating in community outings.

Summer Day Program

The Arc Summer Day Program has existed since 1954 and is located at two sites—one in Linn county and one in Benton county. The goal is to offer individuals from 4-21 years old a structured environment that promotes independence, fun, and self-sufficiency. For six to seven weeks each camper is provided a variety of community experiences including field trips and special guests. The Department of Human Services licenses both locations and ensures that all daycare regulations are met. Transportation is included on an individual case basis.



Outreach

Pilot Parents

Parents often struggle to understand why their new baby or child has a disability. The next concern is “what to do about it.” The first step is to help families realize that they are not alone. Pilot Parents was created as a support network to match parents new to childhood disability with parents who have gone through a similar experience. The support relationship exists as long as it is comfortable to the matched families.

One to One Support

The Arc will provide assistance to individuals or families who have specific questions. Requests for information may include topics such as Individual Education Plans (IEP), state benefits, Individual Service Plans (ISP), residential planning, estate needs, legal assistance, guardianship, transportation issues and more. If staff members are unable to provide the appropriate information, they will seek assistance from other sources.

General Advocacy

The Arc of East Central Iowa is committed to community awareness and understanding of people who have cognitive disabilities. Efforts to achieve this goal include activities like Candidate Forums, Legislative Day, the Annual Awareness month, an annual Arc March to promote community participation, letters to the editor, and presentations to community groups.

Information Source

The Arc creates a monthly newsletter to keep individuals and families informed on issues, social opportunities, and educational programs. The Arc's website: www.arceci.org also provides valuable information and links to many organizations dealing with specific disabilities.

Support Groups

The Arc facilitates monthly support groups. From lunch outings to small group meetings, members spend time sharing information regarding a common issue—cognitive disabilities.

Volunteer Opportunities

The Arc depends on committed volunteers for its continued success. Many opportunities exist such as: preparing mail campaigns, assisting with fundraisers, clerical tasks, and managing data for programs.

Prevention Campaign

A primary task for The Arc is to mount an effective campaign to prevent additional cognitive disabilities. Information about alcohol and substance abuse is shared with high schools and colleges. Use of bike helmets, child safety seats, prenatal care and childhood immunizations are encouraged.



Citizen Advocacy

Voices Unlimited

Voices Unlimited was created to give people with cognitive disabilities their own support network. Members meet on a monthly basis to share their ideas, build friendships, learn about services in the community and participate in advocacy activities.

Through education and support, The Arc encourages all individuals to exercise his or her right to become an active citizen within the community.

Mentorship

Mentoring helps reduce isolation and offers increased community access to people with cognitive disabilities. A planned match is made between a community volunteer and an adult with a disability. Special care is given to ensure successful matches. The relationship focuses on friendship and socialization. Creating strong relationships between people with cognitive disabilities and those without special needs is an important goal of The Arc.

Social Opportunities

Boredom and isolation are prevented through monthly planned events. Dances, chili suppers, holiday celebrations and pizza parties offer opportunities for affordable socialization and community participation. In addition, the "Ticket Program" can provide opportunities to attend community events at a free or reduced rate.



Organization

The Arc is governed by a volunteer board of directors and is managed by a qualified staff. The agency employs a full complement of professional staff and more than 400 Direct Service Providers who administer services to more than 500 individuals and their families in eight east central Iowa counties: Benton, Cedar, Iowa, Johnson, Jones, Linn, Poweshiek and Tama.

Funding

There are many funding mechanisms for Arc programs including: The United Way; grants; fundraising, which includes contributions, annual giving, mail campaigns and special events; Department of Human Service Block Grants; Home and Community Based Services (HCBS) waivers; private pay—sliding fees; and negotiated contracts with schools or other organizations.

Not all funding mechanisms are available for every program. Families interested in accessing services will be directed to the most appropriate funding mechanisms.

We Believe

- ...that there is strength in diversity
- ... that each individual and family is unique and has value
- ... that individuals and families are best served in an inclusive community
- ... that individuals with disabilities deserve quality education, vocational, social and living opportunities
- ... that individuals must be treated with dignity
- ... that each individual and family has a right to make their own decisions



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