



The Arc[®]

*Winnebago, Boone and
Ogle Counties*

Inclusion in Action

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Established in 1966 by a group of parent advocates. Incorporated in 1972.

Our Vision:

A Society For All;
Equal Access,
Equal Opportunity,
Empowerment

Our Mission:

We serve people with intellectual and developmental disabilities through support and advocacy.



Programs/services offered

- ▶ Home Based Support Program/Service Facilitation
- ▶ Guardianship Assistance
- ▶ Money Management
- ▶ Life Skills Classes
- ▶ Project Art
- ▶ Social Activities
- ▶ Advocacy



Why are inclusive activities important?

- **Upholds Human Rights and Equity:** Disability inclusion is fundamentally about ensuring dignity and respect for all individuals, preventing marginalization and discrimination. It acknowledges people with disabilities as rights-holders with autonomy, rather than subjects of charity.
- **Improves Public Health Outcomes:** Including people with disabilities in health promotion activities (such as cancer screenings or fitness programs) reduces health disparities and ensures equal access to life-saving care.
- **Drives Economic and Workplace Benefits:** Companies that embrace disability inclusion often outperform their peers. Diverse teams bring unique perspectives and skills, fostering innovation and better, more representative decision-making.
- **Combats Ableism and Social Stigma:** Actively including people with disabilities helps break down harmful stereotypes and "ableism"—the prejudicial assumption that people with disabilities are lesser or dependent.
- **Ensures Legal Compliance:** Many countries have laws, such as the Americans with Disabilities Act (ADA), that require organizations to provide equal access, making inclusion necessary to avoid legal penalties and reputational damage.
- **Enriches Community Life:** Inclusion ensures that everyone can participate in, and contribute to, community activities, leading to a more diverse and compassionate society.

List our Inclusive activities

- ▶ Aktion Club
- ▶ Community Quest
- ▶ Family Mixers
- ▶ Life skills Classes
- ▶ Rec night
- ▶ Next Chapter Book Club
- ▶ Project Art
- ▶ Advocacy/Meet your legislators



Aktion Club



- ▶ A community service-based organization for Special needs individuals through the Kiwanis's Club.
- ▶ Meets three times a month
- ▶ First meeting- Breaks into Committees
- ▶ Second meeting- Board meetings
- ▶ Third meeting - Service project
- ▶ Examples of projects: collecting plastic lids for a park bench, stuffing easter eggs for other non for profits, Making Holiday cards for nursing home residents, and many more.

Community Quest

- ▶ A newer program, meets at a local gaming store.
- ▶ Choice was made to meet in public for a couple of reasons. One, it's important for individuals with disabilities to be seen in public doing things everyone else does. Two, it's important for people with disabilities to do things everyone else does.
- ▶ Adults with ID/DD often lack access to opportunities to engage in age and ability-appropriate forms of play.
- ▶ Our group provides a flexible but structured opportunity to play, build social skills, and build community.
- ▶ We use emotional safety tools to help ensure that no one feels unsafe. (Lines and veils, X-card, etc.)
- ▶ Tabletop Games we play include: Lazars and Feelings, Masks, Homebrew systems
- ▶ Board games we play: Eleminis, Tsuru, Yahtzee





Family Mixers

- ▶ Make and Takes
- ▶ S'more night
- ▶ Movie Nights
- ▶ Hockey Games
- ▶ Baseball Games



Life Skills Classes

Interactive groups that meet to learn and practice skills for daily living

- ▶ Money Management
- ▶ Healthy Relationships
- ▶ Health & Wellness
- ▶ Emotional Regulation
- ▶ Self-Advocacy
- ▶ Social Media





Next Chapter Book Club

- ▶ A community-based book club for individuals with intellectual and developmental disabilities. One, it's important for individuals with disabilities to be seen in public doing things everyone else does. Two, it's important for people with disabilities to do things everyone else does.
- ▶ Meets at a local restaurant, offering social opportunities for those involved
- ▶ Offers reading in the round.



Rec Night

- ▶ We offer Rec nights three times a year (Spring, Summer, Fall)
- ▶ Activities include, Music and dancing, Board games, art activities, and more.
- ▶ Our rec nights offer a safe space for our participants to relax and socialize.



Project Art

Develop creative expression, artistic skills
and professionalism

Art inherently provides many therapeutic benefits that can
promote wellbeing for all



Art at The Arc

Open Studio

Beadware

Finding Your Voice As An Artist

Summer Art Class for Middle and High School Ages

How do we pay for all of this?

A wise person once said, show me your budget and I will show you what matters.

- Sit down with everyone and brainstorm
- Come up with a realistic plan- ask the hard questions
- Come up with a realistic budget- both time and money
- See with whom you can partner
- Write grants
- Ask for Donations
- Re-evaluate

Potential Future Programs

- ▶ Tell us what your agency does or ideas you have so we can grow our impact....





QUESTIONS

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Our contact information

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