The Arc Greater Twin Cities is available to help people with intellectual and developmental disabilities and their families across the lifespan—from early childhood to school age, during the transition to adulthood, to ensuring a safe and secure senior life. The Arc’s toolbox of programs and services includes presentations, workshops, facilitated conversations, networking opportunities, and individual support for information, assistance and advocacy.

Presentations Available:

**Positive Behavioral Interventions & Supports (PBIS) in the Home**

**Audience:** Parents and guardians of children who receive special education services.

**Description:** This presentation acquaints parents with the principles of PBIS which is a program used in hundreds of Minnesota schools. It’s an approach that establishes social, culture and behavioral supports needed so schools can be effective learning environments for all students. It is based on creating a positive, consistent, safe and predictable setting for students. Learn about positive behavior interventions and supports that schools use which are part of MN-PBIS to encourage positive behavior in students, plus tips and techniques that you can use to support positive behavior at home.

**Goal:** Participants gain a better understanding of PBIS and its use in schools and techniques to utilize at home.

**Early Education thru Middle School Related Presentations**

**Special Education Overview**

**Audience:** Parents and guardians of children who receive special education services.

**Description:** This workshop helps participants gain a better understanding of the Special Education Process and become a more active participant on their child’s IEP (Individualized Education Program) team. Learn about how children are identified for special education services, the evaluation process, and the process of developing an IEP. The workshop also includes information on developing IEP goals, accommodations and modifications, service delivery, least restrictive environment and positive communication between home and school.

**Goal:** Participants gain a better understanding of special education services.
Special Education Overview-Early Childhood

**Audience:** Parents and guardians with young children making the transition from early childhood services to school-based services.

**Description:** This presentation prepares parents for changes that occur when their child moves from early childhood special education services to school-based services. Learn the difference between the Individualized Family Service Plan (IFSP) and an Individualized Education Program (IEP), and how services may be delivered. This workshop also covers the process of developing an IEP and how to work as a member of an IEP team.

**Goal:** Participants gain a better understanding of the IEP process and become more comfortable in their ability to advocate for their child in IEP team meetings.

### Middle and High School / Transition Related Presentations

**GetSet!™ Transition Planning for the Adult World**

**Audience:** Parents and guardians of children ages 14-21 who receive special education services.

**Description:** This workshop helps participants gain a better understanding of the Special Education Process and become a more active participant in their child’s IEP (Individualized Education Program) team. Learn about how children are identified for special education services, the evaluation process, and the process of developing an IEP. The workshop also includes information on developing IEP goals and objectives in the transition areas of Employment, Post-Secondary Education and Training and Independent Living.

**Goal:** Participants gain a better understanding of special education services.

**GetSet!™ for Work**

**Audience:** Students and parents of students with disabilities ages 14-21 and professionals working with transition-age students.

**My Child Will Work -Employment as the Expectation**

**Audience:** Parents of children with disabilities ages 14-21.

**Description:** The face of employment is changing for people with disabilities. This presentation will discuss employment changes and what you can do to help your child be work ready.

**Goal:** Parents will have an increased understanding of current employment practices and steps they can take to help their child/ren reach their employment goals.

**Guardianship for Self-Advocates**

**Audience:** Self-advocates

**Description:** Self-advocates share questions with others in this lively session with lots of give-and-take. Find out what it means to have a guardian, learn more about your rights and discover tools to help solve problems.

**Goal:** To provide self-advocates with information about guardianship and answer their specific questions.
Preparing for Guardianship (online at www.arcgreatertwincities.org)

Audience: Self-advocates, adult siblings, parents, grandparents, caregivers and professionals.

Description: Guardianship is a substitute decision-making process for individuals who may need support in making life decisions. This workshop explains the many decision-making choices that are currently available, from self-guardianship through the informal and formal substitute decision-making options.

Goal: Participants understand alternatives to guardianship; understand the reasons for petitioning for guardianship; understand the seven powers of guardianship; and know the rights an individual retains under guardianship.

The Legal Process of Guardianship

Audience: Self-advocates, adult siblings, parents, grandparents, caregivers and professionals.

Description: An attorney who practices in the guardianship field will lead participants through the necessary legal procedures and processes for obtaining, ending, or changing a guardianship order.

Goal: Participants understand the legal steps involved in petitioning for guardianship; identify ongoing responsibilities of the guardian; and understand the reasons for obtaining, terminating or modifying guardianship.

Sibling Related Presentations

Sibling Overview/Addressing Siblings’ Needs

Audience: Parents, guardians and professionals.

Description: Being the brother or sister of a person with disabilities brings joys and concerns. This presentation is about the “typical sibling” and their special role in the family. Participants will also learn about The Arc’s sibling programs.

Goal: Attendees will learn about the issues siblings may be experiencing as well as tips for supporting them.

Safety and Relationships Presentations

It’s Your Choice, Find Your Voice

Audience: People with intellectual developmental disabilities who are interested in learning more about themselves and who would like to develop stronger self-advocacy skills.

Description: Self-awareness, self-expression and understanding healthy and safe boundaries are characteristics of a strong self-advocate. These ArcShops™ support people with disabilities in learning about healthy relationships, keeping safe and advocating for themselves.

Goal: Participants have the tools necessary to be effective self-advocates.

- **All About Me:** Individuals explore themselves: their likes, dislikes, strengths and dreams for the future.
- **Self-Advocacy and School:** Individuals learn what self-advocacy is, how to speak up for oneself in a school setting, and how to plan for the future.
- **Healthy Relationships:** Participants learn how to identify different kinds of relationships, understand boundaries, have trust in relationships, and gain skills to get along with others.
- **Keeping Safe:** Individuals learn how to be safe at home and in the community. Self-advocates will develop a plan for keeping safe.
- **Your Rights**: Participants learn what it means to have rights and the different types of rights, including civil rights, human rights and disability rights. Self-advocates will explore why rights are important.

- **Get Active**: Individuals learn how to get involved in the community to achieve change. This session explores public policy, how to bring forward concerns or issues, and how to tell your story.

These sessions may be individually requested or presented in a group series. Self-awareness, self-expression and understanding healthy and safe boundaries are characteristics of a strong self-advocate.

### Abuse Prevention Initiative

The Arc Greater Twin Cities offers a variety of trainings around abuse prevention for self-advocates, family members and professionals.

#### Stop The Abuse

**Audience**: Parents, caregivers and professionals.

**Description**: This training helps parents, caregivers and professionals increase their awareness of the high rates of abuse against adults with intellectual and developmental disabilities (IDD) and how to reduce risk.

**Goal**: To inform parents, caregivers and professionals why people with IDD are vulnerable to abuse, to identify systemic barriers and to assist, collaborate & foster strategies for preventing future abuse.

#### Working with Victims with Intellectual and Developmental Disabilities (IDD)

**Audience**: Professionals.

**Description**: This training is designed for professionals who work in abuse prevention or who are first responders. It raises their awareness of the high rate of abuse against people with IDD and increases their capacity to support victims with IDD.

**Goal**: To educate and inform professionals on definitions, stereotypes and systems of support for individuals with IDD. Identify strategies and accommodations for overcoming barriers in the advocacy process for victims with IDD. Develop skills for improving victim advocacy services for individuals with IDD.

#### Girl Talk

**Audience**: Female persons with intellectual and developmental disabilities (IDD).

**Description**: This training is an opportunity for women self-advocates to learn about healthy boundaries in relationships, keeping safe in the community and advocating for themselves.

**Goal**: Self-advocates develop skills on how to be safe in their relationships and community. Participants have the tools necessary to be effective self-advocates in their relationships and community.

#### Guy Talk

**Audience**: Male persons with IDD.

**Description**: This training is designed to help men and young men learn about healthy boundaries in relationships, keeping safe in the community and advocating for themselves.

**Goal**: Self-advocates develop skills on how to be safe in their relationships and community. Participants have the tools necessary to be effective self-advocates in their relationships and community.
Systems Change / Public Policy Oriented Presentations

Realize Your Power: Prepare, Practice and Participate in Public Policy

Audience: People with disabilities and their families, professionals and interested community members.

Description: Realize Your Power is a comprehensive set of trainings designed to promote increased civic engagement. This six-session program can be given as a single 7-8 hour event or each session can be presented on its own.

Goal: Participants gain the tools they need to become actively involved in policy change and learn engagement skills with their policymakers.

- **Session 1:** Your Partnership in The Arc (1.5 Hours) - formal power point
  Discusses: The Arc’s Position Statements and National, State and Local Presence, Overview of Government Representatives Making Decisions on Disability Issues (Congress, State Senators and Representatives, County Commissioners, City Councils, School Boards); Thinking Globally/Acting Locally; The Arc’s Action Alert Network; Who Are Your Elected Representatives; Contacting and Visiting Policymakers; Hosting Policymakers; Public Policy Leadership Committees; Self-Advocacy

- **Session 2:** Voting Your Values (1.5-1.5 Hours)-formal power point
  Discusses: Why Vote; Voter Registration Process; Voting for What You Care Most About; Understanding What Decisions are Made By What Office; Researching Candidates; Participating in Candidate Forums

- **Session 3:** Telling Your Story: A Testimony for Change (1.5-2 Hours) formal power point
  Discusses: Questions to Addressing What has Impact in a Story; Key Elements to Share in Preparing Your Story; Writing Your Stories for Testifying; Practicing Talking to Your Policymaker; Perspective of an Elected Official

- **Session 4:** Engaging Your Neighbors and Friends (1.5 Hours)- discussion, no power point
  Discusses: Talking with Friends, Neighbors and Family about Key Issues for People with Disabilities; Preparing to Host a Home Visit with Elected Representatives; Becoming a Leader for Your Senate or House District; Tracking Volunteer Involvement

General Arc information / Other Topics of Interest Presentations

The Arc Overview

Audience: Anyone interested in learning more about The Arc Greater Twin Cities and its programs and services.

Description: This presentation covers the history of The Arc locally from its beginnings in 1946 and reviews the spectrum of The Arc’s programs and services across the lifespan today. Includes description of the services/supports Arc offers families.

Goal: Participants will have a good understanding of who The Arc serves and how and how they might get involved with The Arc as a client, volunteer and/or member.
Child Development Presentation (available in English and Spanish)

**Audience:** Parents/family members of children from birth to 5 years old, Early Childhood Family Education groups.

**Description:** The presentation asks parents what they know about child development, developmental milestones and the four major areas of development—motor, language, social and emotional and cognitive. Parents will discuss age-appropriate activities they can do with their children to promote growth and development at home and in the community. The last part of the presentation focuses on where families can turn if they suspect their child is behind developmentally, including specific information on Early Intervention services.

**Goal:** Parents learn more about how they can positively shape and impact their child’s development, and the four major developmental areas and corresponding milestones. Families are informed on where they can turn for support if they suspect their child is experiencing delays and how Early Intervention services can help support their child’s growth and development.

Healthy Legacy - Healthy Home, Healthy Family

**Audience:** Parents of young children, self-advocates and professionals.

**Description:** As exposure to chemicals has grown, so has concern about the link between chemicals and developmental disabilities. This workshop offers tips for protecting children from chemical exposure, using safer household products and preserving the environment for future generations.

**Goal:** Participants learn how to reduce chemical exposure and protect their family’s health.

What Lies Ahead…Planning for the Future

**Audience:** Parents, guardians, self-advocates and/or professionals.

**Description:** This presentation provides an overview for planning for the future. Explore the critical elements with lifetime planning that includes services such as living arrangements, educational opportunities, employment, and other enriching activities. Planning is a key to a secure, healthy and happy future. Families often have needs in all or some of the areas. All these aspects contribute to quality of life. Information specific to The Arc’s Future Life Options Program may also be included.

**Goal:** Participants learn the important components of quality of life planning, legal planning and financial planning.

Person Centered Thinking and Planning - Putting You In Charge

**Audience:** Parents, guardians, self-advocates and/or professionals

**Description:** Whether you are a self-advocate, parent, family member or direct support professional this session will inform you about new initiatives around person centered thinking and planning. This overview explains what is it, what is the difference between person centered thinking and person centered planning. You will learn more about specific tools and skills and ways of planning, why it is beneficial and how to make it work for you.

**Goal:** Participants will learn person centered thinking tools and skills and various person centered planning methods.

Financial Supports: Qualifying for Supplemental Security Income

**Audience:** Parents, guardians and self-advocates.

**Description:** Only 30% of applications for Social Security are accepted on the first try. This session will help you improve your chances of applying successfully. It will cover the three types of Social Security and the differences between them. It will break down the steps of applying and let you know the “must haves.” You will also learn the steps to take if your application is denied.
Goal: Participants will learn how to file for Social Security and what to do if their application is denied.

Budget Stretchers

Audience: Parents, guardians and self-advocates.

Description: Learn more about Minnesota Supplemental Aid (MSA), Supplemental Nutrition Assistance Program (SNAP), Energy Assistance, Fare for All, Minnesota Telephone Service Discount Programs and other ways to cut costs or receive financial support to support independent living.

Goal: Participants will learn about receiving financial supports and cutting costs.

Identifying Needs for Formal and Informal Supports

Audience: Parents, guardians and self-advocates.

Description: Take your first steps in identifying the formal and informal supports that will make your new home a success! Join us if you have questions such as: Where do I start? How should I think about support? What support options are available?

Goal: Participants will be able to identify formal and informal supports that may work for them.

Conversation Related Presentations

Walk through the IEP

Audience: Parents and guardians of children who receive special education services.

Description: This presentation is for parents who have questions or concerns about their child’s Individualized Education Program (IEP). The Arc has an interactive presentation for formal and informal groups called, “Walk through the IEP.” An advocate with expertise in special education issues can meet with your group and go step by step through the IEP and IEP process and answer specific questions. Previous participants had these comments on this workshop: “Very informative,” “The advocate was great! Thanks for the follow up on previous issues.” This workshop is free, and The Arc can tailor the material specifically for your group.

Goal: Participants gain a better understanding of the IEP document and components that make up an effective IEP and become more comfortable in their ability to advocate for their child in IEP team meetings.

Invite an Arc Staff Person - Conversation Related

Invite an Advocate

Audience: Any group interested in learning more about a specific program or service offered by The Arc Greater Twin Cities.

Description: This is an informal “sit down” with an advocate, to discuss a specific program or service with a targeted audience, e.g. Abuse Prevention, adult advocacy, MA application, mentoring, etc.

Goal: Participants will have a good understanding of a specific program or service provided by The Arc Greater Twin Cities, how this service or program impacts the life of a person with a disability and their family and how they might get involved with Arc as a client or program participant.
The Arc Programs and Services
Fees may apply

Information and Assistance
Audience: Anyone who is seeking assistance and/or has a disability-related question.
Description: Arc advocates are available Monday - Friday from 8:30 a.m. - 5 p.m. to respond to requests for assistance via telephone, e-mail and in-person contacts. Advocates help people navigate government, healthcare, education and other community services to find the best solution for their families. Multilingual staff or interpreters are available to assist callers who speak languages other than English.
Goal: Individuals receive information and/or are connected to advocacy services.

One-to-one Advocacy
Audience: Parents, self-advocates and guardians.
Description: Advocacy cases are characterized by ongoing work with a family or an individual on an identified disability related issue. These issues revolve around navigating government, healthcare, education, critical community services, lack of culturally appropriate services, etc. Advocates work with families and individuals to identify critical needs and develop an individualized plan of support to access needed services, make services more responsive to their individual needs, and increase their knowledge and skills. Through individual advocacy, advocates also provide coaching around problem-solving, communication, advocacy skills and mentoring to help parents increase their skills.
Goal: Parents, self-advocates and guardians are supported in their role as advocate, and will gain skills to advocate effectively for their needs or the needs of the individual under their guardianship.

Sibling Programs
Sibshops (ages 6 - 12)
Audience: Children who have brothers or sisters with intellectual and developmental disabilities.
Description: Kids take part in recreational activities and games that encourage informal sharing, problem-solving, making new friends and having fun. The focus is on them and their special role in the family. Children can come every month or occasionally.
Goal: Brothers and sisters of individuals with intellectual and developmental disabilities have an opportunity to meet, share experiences and gain peer support.

Networking Groups
Audience: Parents and relative caregivers of children and adults with developmental disabilities.
Description: Networking groups offer a combination of information, emotional support and resources. Some groups offer informal networking, while others have scheduled speakers and educational topics.
- Caregiver groups: for people who support or provide care for an adult with a disability.
- Caregiver groups that are culturally specific (i.e. African American, Spanish speaking, Hmong and others as requested). Groups offer bilingual educational and networking opportunities.
- Disability-specific groups: focus on particular disability related information or conditions such as autism or Down syndrome.
- General groups: focus on parents and caregivers of school-age children with any type of disability.
- Topic-specific groups: focus on a specific topic or area of interest such as housing or education.
Goal: Families who are affected by intellectual and developmental disabilities have an opportunity to connect informally with each other and share the joys and concerns of caring for their loved ones.
**Self-Advocacy Advisory Committee**

**Audience:** Adults with intellectual or developmental disabilities  
**Description:** The Arc Self-Advocacy Advisory Committee meets 4-5 times a year to discuss and act on topics such as public policy and systems change, elections, transportation, education, employment, housing, safe relationships and more.  
**Goal:** Self-advocates have an opportunity to meet, socialize and act on topics of interest and importance to them.

**Health Care Access**

**Audience:** Parents, guardians and self-advocates.  
**Description:** Health Care Access supports people with disabilities and their families in understanding, apply for and maintaining enrollment in health care programs. The Arc has certified MNsure Navigators who can explain health care options and services, walk families through the application process and, with an applicant’s permission, track it as it moves through the process. Navigators can answer applicant’s questions about disability services and supports once health care coverage is obtained. The Arc has expertise and experience in Medical Assistance and its specific programs, including MA-EPD and MA-TEFRA, and can explain the State Medical Review Team process. Navigators provide copies of documents and forms that applicants need to complete and can help families organize disability documentation if needed. The Arc’s Navigators serve people with Intellectual and Developmental disabilities and their family members living in the same household in the seven-county metro area. 
**Goal:** Participants will successfully apply for health care benefits.

**Future Life Options Program**

**Audience:** Guardians of individuals with developmental disabilities who are interested in planning for the future.  
**Description:** The Arc Great Twin Cities’ Future Life Options Program takes a positive and personalized approach to lifelong planning that creates a comprehensive plan uniquely designed for the person. The plan combines long-term legal and financial planning with personalized support to help achieve lifelong quality of life for a family member with an intellectual or developmental disability. The planning process provides information about the importance of planning for your loved one, including how and why to establish and fund a supplemental needs trust.  
**Goal:** Participants gain a better understanding of critical areas in long-term planning so they can create continuity of care and ensure quality of life for their loved one well into the future.

**Policy Preview and Action Alerts**

**Audience:** Individuals interested in public policy and systems change.  
**Description:** Those who sign up for the Policy Preview are e-mailed periodic policy updates and action alerts when bills or policy changes on disability-related issues are under consideration at the local, county, state or national levels, and when action on your part is needed.  
**Goal:** Participants stay engaged in policy-related affairs and are given opportunities to take action in their communities and at the Capitol.

For more information, call 952-920-0855  
or visit [www.arcgreatertwincities.org](http://www.arcgreatertwincities.org)