



The Arc of Frederick County provides individually designed support services and collaborates with the community to build inclusive programs for adults and children with developmental disabilities.

Founded by parents in 1958 because community programs for children and adults with developmental disabilities did not exist, The Arc continues to provide advocacy efforts and the creation of new services for families today. The Arc of Frederick County supports more than 600 people each year.

Programs and Services Provided by The Arc include...

- **Information and Referral Services** for anyone who contacts The Arc and needs connections to community resources.
- **Personal Supports** for children and adults to live in their own or their family's home and meaningfully access their communities.
- **Employment Supports** for adults and transitioning youth students to locate careers based on their passions, talents, and personal interests.
- **Autism Waiver Service Coordination** to promote family preservation.
- **Job Training Programs** for people to learn skills to locate jobs in the Baking, Catering, and Janitorial workforce.
- **Futures and Estate Planning** to help parents plan for their son/daughter needs including where they will live when parents are no longer around to help.
- **Sibling Supports** for brothers and sisters of children and adults with developmental disabilities.
- **Support Groups** for self-advocates and for families.
- **Parents' Day Out** respite for children and their siblings.
- **Classes** Art Classes, Cooking Classes, Music Classes, among others.
- **Volunteer Opportunities** for people of all ages.
- **Community Development and Day Habilitation** braided with natural supports for people to choose meaningful ways to be included in their communities while maintaining and learning new skills.

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