



## SEE ABILITY, NOT DISABILITY.

Our services are designed to provide participants at SchenectadyARC with the training, opportunity and supports necessary to live as independently as possible in the community. All our services are designed to help clients develop the skills needed to create a balanced life.

As an agency, Schenectady ARC is structured to enable participants to choose their own interests and schedules. Participants and their advocates are always involved in making decisions about fulfilling personal goals and determining which services can best meet each individual's needs.

For some participants, learning basic skills is top priority; for others, a balance of educational classes and volunteer work is ideal. Whatever the mix, our services and supports are designed to meet a broad range of needs, abilities and pursuits.

This informational brochure will introduce you to some of those services.

### WHY CHOOSE ARC?

We are proud of the wide variety of programs we offer people with disabilities and their families. Our staff works in collaboration with other professionals and partners with community resources and other nonprofits to seek the best possible person-centered supports for those we serve.

### CONTACT US

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A Chapter of NYSARC, Inc.



SchenectadyARC



#### SERVICES AND SUPPORTS FOR INDIVIDUALS OF ALL AGES & THEIR FAMILIES

Schenectady ARC provides a wide variety of services that support families of individuals with developmental disabilities who live at home, including in-home respite reimbursement and community habilitation, which give caregivers temporary relief from care-giving responsibilities. Our respite recreation services give individuals the opportunity to participate in various activities, including volunteering in the community, attending local plays and participating in groups such as creative arts and cooking.

#### RIDGE HEALTH SERVICES, INC.

Ridge Health Service (RHS), Inc. is certified to provide services as an Article 28 Clinic and an Article 16 Clinic. Schenectady ARC's clinic completed the NYS Health Department certification process and is now offering a full range of comprehensive services monitored by a board-certified physician, including primary medical, nursing, podiatry, nutrition, occupational therapy, physical therapy, speech therapy, vocational rehabilitation, social work, psychiatry, and psychology. Our staff of caring, licensed health care and clinical professionals is committed to meeting the specialized needs of individuals with disabilities and their families. In addition, we offer our service recipients the convenience of receiving many of our clinical services at select Schenectady ARC sites as well as in the home.

#### DAY SERVICES AT MAPLE RIDGE, PRINCETOWN RIDGE, LIFE PREP AND CITI CLUBS

Therapeutic dance, horticulture, cooking, music, relaxation, math, computers, art and physical fitness are just some of the different special interest groups that individuals can choose to participate in while attending one of our day service programs. We offer countless opportunities to volunteer within the community at places such as the Schenectady and Albany City Mission, Bethesda House, Salvation Army, Regional Food Bank, Victoria Acres Farms, and the Ronald McDonald House. In addition, individuals may choose to attend college or work on skills that will enable them to obtain employment. Our agency's staff is on hand to assist individuals 18 years and older explore new interests and identify goals.

## RESIDENTIAL SERVICES

Schenectady ARC operates over 20 community residences that provide 24-hour personalized care and over 30 apartments where individuals live more independently while receiving necessary support services including money management, grocery shopping and residential habilitation. In addition, individuals have the option to join a variety of special interest clubs offered through Schenectady ARC and our community partnerships.

## SERVICES AND SUPPORTS FOR

### CHILDREN/ADOLESCENTS

Schenectady ARC offers services for children and adolescents at our after school, elementary, middle and high school programs. These programs provide services to children on the autism spectrum and other developmental disabilities. Additional recreational opportunities and family supports are also available. Our integrated after-school program is located at the Scotia-Glenville school district.

### MEDICAID SERVICE COORDINATION

Schenectady ARC's staff of medicaid service coordinators work with individuals and families to select and coordinate desired supports and services. Service coordinators assist individuals from the age of three and up in developing individualized service plans that are based on their needs and interests and abilities. In addition, they can help secure resources and supports within Schenectady ARC and in the Capital Region community to ensure that each person is given a variety of options to fulfill their life goals.

### RIDGE SERVICE TRANSPORTATION

Schenectady ARC transportation has a fleet handicapped-accessible buses and over 100 vehicles to provide transportation to individuals who attend our program and community activities. The agency's full-service repair facility continues to ensure the safety and efficiency of all agency vehicles, as well as many vehicles for other non-profit agencies in the community through

understanding agreements. Our staff are able to certify training in Defensive Driving and 19A to Schenectady ARC staff and individuals from other agencies. Ridge Service also provides transportation for Medicaid medical transports. The transportation department uses state of the art communications hardware and software to efficiently route and track all ARC buses.

### VOCATIONAL SERVICES

Schenectady ARC offers a continuum of community-based employment services starting with our **Student Work Experience Program** through which high school students with disabilities engage in hands-on work experiences at a variety of local businesses. Through this program, students acquire appropriate work, social and job-seeking skills in preparation for eventual community-based employment. Schenectady ARC's **New Directions Employment Program** provides community-based employment assistance and on-site job coaching to individuals. Schenectady ARC also operates the **Pine Ridge Industries**, located in Scotia, New York, which offers individuals with I/DD an opportunity to engage in a variety of highly supported and structured job tasks including light manufacturing, packaging, clerical tasks, recycling, document destruction and lawn care.

### PINE RIDGE INDUSTRIES

At Pine Ridge Industries, individuals work directly with staff on developing goals to enhance both soft and hard skills that will enable success in the workplace. A variety of support services are available to individuals at Pine Ridge, including on-site Social Work, Psychology, Speech, Nutrition, Vocational Rehab Counseling, Occupational Therapy and Physical Therapy.

### SCHOOL TO WORK SERVICES

Collaborating with local businesses Schenectady ARC's **Student Work Experience Program (SWEP)** provides internships to students with special needs, giving them an opportunity to gain hands-on work experience. Students learn appropriate work, social and job seeking skills with the support of Schenectady ARC staff that will assist them in obtaining and maintaining employment in the future.

### COMMUNITY TRANSITION PROGRAM (CTP)

Is a special education GED program with an employment component. This program currently serves the Mohonasen and Schalmont School Districts. Transportation to and from job sites is provided by the participating school district.

### NEW DIRECTIONS EMPLOYMENT SERVICES

New Directions Employment Services is a supported employment program operated by Schenectady ARC since 1986. The program assists individuals with disabilities in obtaining and maintaining competitive employment opportunities. New Directions strives to find the best employment match and placement site to ensure success for the individuals and the employer. New Directions has completed Certificate of Employability training through the Schenectady Chamber of Commerce and three consumers received certificates. As part of this effort all Employment Specialists at New Directions have become Certificate of Employability Instructors. New Directions has also obtained a Certified Benefits Counselor and now has a Master Trainer of Job Readiness Training from OPWDD.

### SERVICES FOR INDIVIDUALS WITH AUTISM

Schenectady ARC is one of only several agencies locally to conduct the **Autism Diagnostic Observation Schedule (ADOS)**, an instrument designed to diagnose and assess autism.

### COLLEGE SUCCESS PROGRAM

College Success provides students with Autism and other disabilities attending Schenectady County Community College with a variety of on-site supports and services to academically and socially acclimate to the college setting and eventually obtain a college degree. Provided in collaboration with the Autism Society of the Greater Capital Region.

### DISCOVERY ACADEMY

Discovery Academy is a without walls day habilitation program that operates on the campus of Union College in Schenectady, NY. Discovery Academy enables participants to experience life at college. Everything from academics to social situations.