

# Who is The Arc Muskegon?

The Arc Muskegon is and always has been people – people with cognitive, other related developmental disabilities, parents, friends, family and professionals. In 1952, a group of concerned families and their friends formed an organization they called “Family and Friends of the Mentally Retarded”. In 1953, they joined the National Association for Retarded Citizens and became a local chapter of what is now The Arc. The Arc Muskegon continues to be proudly affiliated with the state and national organization. Nationwide there are approximately **800** local chapters, **33** of them in Michigan. The Arc is a membership organization, with a collective membership of approximately **140,000** people across the country. The Arc is the largest grassroots organization advocating for people with developmental disabilities and their families.

*Affiliated chapter of The Arc of the United States*



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**Give Today!**

*Achieve with us.*



## Community Living Supports Program Since 1985



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## Independence! Choice!

The Arc Muskegon Community Living Support Program (CLS) is a program funded through Muskegon Community Mental Health (CMH)\*. Currently, The Arc receives consumer referrals from CMH and we work together to provide optimal services. The program allows you to have the services come to you – allowing people with developmental disabilities to,

1) learn to live independently and  
2) remain living independently. It is a fact that living independently, working and participating in your own community increases abilities and self-assurance.

**\*It is important to remember that all people participating in the program must first be eligible for services from CMH, and hours of service vary with each person. You may also enter into a private pay arrangement without being a CMH consumer.**

## More About the Program

Support staff will assist you in learning what you need to know. Some examples include **cooking, grocery shopping, budgeting, bill paying, laundry and safety skills in your home and in the community.** We will listen to your needs and wants, and work together to increase the necessary skills to live, work and enjoy your community. If you, a friend or a loved one might benefit from this program, contact CMH at 720-3200. To learn more about the program, you can also call The Arc at 777-2006 and ask for the CLS Coordinator.



Chris & Matt, along with mom Susan, signing the lease to their first apartment.

### Consumer Quotes

“They help me budget my money and pay my bills”.

“They help me to become an active part of my community”.

“I learn ways to keep myself safe”.

“They help me with shopping for my meals and help prepare them”.



Mary, Gina and Randy enjoy an outing.

## The Arc Muskegon Mission Statement

The mission of The Arc Muskegon is to provide advocacy, education and support services to people with intellectual and developmental disabilities and their families and actively support their full inclusion, equality and participate in their community throughout their lives. 2011

## What is a Developmental Disability?

Developmental disabilities are a class of disabling conditions that usually originate before birth, shortly after birth, and before age **22** that will continue in some form over a lifetime. Intellectual/cognitive disability is a developmental disability in which a person's rate and degree of intelligence is lower than society as a whole.

There are approximately **7.2 million** Americans with intellectual or related developmental disabilities. **One in 9** families has a loved one with an intellectual or developmental disability. Causes for both may include:

- genetics
- trauma at birth
- poor nutrition
- substance abuse
- lead poisoning
- accidents
- environmental factors

Most people with a cognitive disability are in the mild range (I.Q. of 70-75).