



The Arc
Portland Metro

The Arc Portland Metro provides advocacy, support, and services to children and adults experiencing intellectual and developmental disabilities [IDD] and their families.

We have been removing recyclable materials from the greater Portland area waste stream for 40+ years. In turn, we use the proceeds from selling these items and materials to fund our programs and services.

CONTACT:

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PROGRAMS AND SERVICES



Healthy Lifestyles*

A unique holistic health and wellness program design by individuals who experience disabilities for individuals who experience disabilities! This facilitated support group and education program explores mental, emotional, social, and physical health with a group of peers.

NEED Cooking and Nutrition Program

(Nutrition Education and Equity for individuals experiencing intellectual or developmental Disabilities) is a cooking and nutrition course series for folks ages 15+ with IDD.

Participants learn new kitchen skills, set nutrition goals, and prepare and share a healthy meal with the group every class.

Brokerage Support Services

We offer personal support services to clients ages 18+ re: to housing assistance, community inclusion, skill building, vocational skills training through volunteering, and interest-based recreation activities.

Recreation Club/Club Impact*

The Arc Recreation Club is a social group for teenagers (ages 15+) and adults who experience IDD. We are pleased to offer the Club Impact as well, a Monday night drop-in social club.

Adult-Family Program Coordination

Staff is available to provide on-going assistance with life management skills for individuals

experiencing IDD and their families. Information provided for:

- Community services
- Financial entitlement programs
- Residential and housing needs
- Vocational needs
- Health and mental health needs
- General information and referral
- Managing individual income/budget
- Self-advocacy needs

Information & Referral

The Arc's Program staff are able to offer self-advocates, family members, and professionals information and referrals to local disability-related resources.

Digital Divide Project

We have a pilot project to give away iPads to people with IDD who do not have access to the Internet during the COVID-19 pandemic.

**Available virtually.*

Our vision is that people with all levels of ability have and embrace the opportunity to work, have relationships, contribute to their communities, and live life to the fullest. Our values are those of equal opportunity. We believe that every person deserves to be treated with compassion, dignity, and care.

There are many ways you can support The Arc Portland Metro!

Most of our donations come from people just like YOU: caring individuals who are committed to making our community an environment of inclusion.

- Make a one-time or recurring cash donation, honor a loved one, or celebrate a special event
- Become a member of The Arc
- Donate your gently-used household items
- Shop at The Arc Thrift Store
- Donate a vehicle
- Designate us as your shopping beneficiary through these programs:

