

## Membership

Support the Mission of Arc Northland by

### Yes, I want to join!

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

- I'm a parent, sibling or family member of someone with a disability.
- I want to be contacted about receiving help from Arc Northland.
- I want to be a volunteer.
- I can't volunteer, but would like to make an additional donation.

### Please choose your membership level:

- Individual (\$30)
- Family (\$50)
- Supporter (\$100)
- Sponsor (\$500)
- Other—Donation (\$)

### Mail to:

Arc Northland  
424 W. Superior St., #500  
Duluth, MN 55802



Call us or visit our website for more information:

424 W. Superior St., #500

Duluth, MN 55802

Phone: (218) 726-4725

Fax: (218) 726-4732

Toll free: (844) 533-7990

[www.arcnorthland.org](http://www.arcnorthland.org)

### Affiliations:

The Arc of Minnesota

The Arc of the United States

A United Way Agency



Advocacy, Education and Support since 1951

### Mission

To promote and protect the human rights of people with disabilities and their families while actively supporting full inclusion and participation in the community throughout their lifetime.

### Vision

People with disabilities live the lives they choose and experience a true sense of belonging in all aspects of life.

## Who is Arc Northland?

Arc Northland is a nonprofit organization. Since 1951, we have provided person-centered services for children and adults with disabilities, their families and other supporters. Our philosophy is to meet people where they are at on life's journey.

We offer a wide variety of programs and services throughout St. Louis, Carlton, Lake, Cook, Itasca, Koochiching, Pine and Aitkin Counties.

The core of our programs encompass education, individual and legislative advocacy, and support. We assist people with discovering interests, talents and abilities and offer support for families and other supporters as well.

## Why Do We Exist?

Per the Minnesota Department of Health, 22% of our population lives with a disability. In 2014, there were over 42,000 people who identified to have a disability in four of the eight counties we serve.

Arc Northland is here to support quality of life for individuals and families, advocating for quality services and delivering self-advocacy skill development.

## What Do We Offer?

1. Adult and Family Services
2. PCA Choice
3. Housing Services
4. Arrowhead Regional Quality Council

## Adult and Family Services

- Adult Advocacy and Support
- Self-Advocacy
  - People First Group
  - Disability Education Training
  - Self-Advocates of Minnesota
- IEP/504, School Advocacy and Support
- Education and Training
  - Healthy Sexuality and Relationships, FASD, and General
- Parent and Family Support Network
- Person Centered Planning
- Information and Referral

## PCA Choice

Personal Care Assistant (PCA) services support people to live independently in the community by assisting with activities of daily living (ADL's), instrumental activities of daily living, health-related functions, and behavior supervision and intervention.

The PCA Choice program gives the individual or family the freedom to hire, train and schedule their own PCA's. Arc Northland is responsible for onboarding PCA's and administration of the payroll.

Eligibility criteria for acquiring PCA services:

Receiving or eligible for Medical Assistance (MA) insurance

You or a responsible party able to direct care

Complete a County MN Choices assessment

## Housing Services

Arc Northland's housing team assists people in achieving safe and affordable housing through several different housing programs:

- Housing Stabilization Services (HSS)
  - Medical Assistance (MA) recipients who have a disability and are experiencing housing instability.
- Housing Access Services
  - Assists with housing searches and assists with financial needs related to moving when applicable.
- Relocation Services Coordination
  - Assists individuals who reside in an institution to move to the community.

## Arrowhead

### Regional Quality Council (ARQC)

The Arrowhead Regional Quality Council (ARQC) is a structured group working together to improve the quality of life for people with disabilities.

ARQC Goals:

A—Awareness: Our goal is to become aware of best practices and gaps in services in our region.

R—Representation: We will seek out and listen to the voices of people with disabilities.

Q—Quality: Our goal is to understand how to improve quality of life for people with disabilities.

C—Collaboration: We will work together to promote best practices and problem solve.