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# Specialized Day Support Program

## Small Group Fun!

Activities in-house at The Arc  
*Our Delvin Center now has walls dividing the large space into small rooms to support multiple small groups and maintain social distance*

### Get your body moving

*Play in our yard, short walks, visit parks, yoga, sit'n'stretch, sports, dance parties*

### Virtual field trips

*Explore museums and zoos online*

### Indoor fun

*Arts & crafts, board & card games, science projects, reading or music time*

### Guest performances

*Musical performances, art teachers, story time, or dentists/health dept. presentations, (either virtual or maintaining social distance)*

## I can't wait to get back to The Arc! When is this program offered?

Monday thru Friday, 12:30—3:30 PM  
Additional sessions will be added based on demand.

## How much does this program cost?

The Arc of Tri-Cities is a membership-based organization, and this program offers a discounted rate for those who pay an annual membership fee. Payment is due in advance unless pre-arranged with funding approval from state supports. In accordance with WAC 388-845-1615, individuals paying with DDA dollars are not eligible for the reduced price and will be charged the regular daily cost.

\$54.48	per session
\$50.00	Membership fee (due in advance)
\$45.00	per session (discounted)

Scholarships may be accessed based on available funding donations. Please contact us for information and how to apply.

## How much community exposure can I expect?

Each day will begin and end at The Arc of Tri-Cities. As our community slowly moves through phases of reopening, we will proceed with caution. Locations will be clearly listed on our online calendar so you can sign up for the days/activities you prefer.

## What if I can't wear a mask?

We know that many people find wearing a facial covering a barrier to community participation, so we will help you explore a face covering that will be comfortable and practice wearing it during program time. We can offer you a free reusable mask if you do not own one.

## What daily support can I expect?

Due to small group format, The Arc is able to offer a high support ratio (no more than 5 participants to 1 staff member). Personal care assistance is available so long as both the family and The Arc agree that such can be provided safely in the community.

## How do I sign up?

A pdf application is available to download at [www.arcoftricity.com](http://www.arcoftricity.com) or pick up a copy at The Arc's office. Openings are limited. Applicants may be grouped according to activity or safety preferences.

## What about transportation?

You need to provide your own transportation to and from The Arc or contacting Dial-A-Ride and setting up rides. At the current time, The Arc of Tri-Cities is not able to provide rides. Anyone using Dial-A-Ride must wear a mask or medical exemption.

## Be Safe

- Small groups (*no more than 5 people*)
- Locations & activities scheduled ahead
- Avoid large crowds in public
- Wash hands often
- Practice social distancing
- Wear your mask
- Daily temperature checks
- Stay home if you don't feel well
- Follow local & state health guidelines

## Learn New Skills

### Therapeutic design

*Practice social & health skills to improve your quality of life with a game or exercise each day to support safety and independence*

### Monthly support goal

*Each month focus on skill-building such as communication, safety behaviors, use social media wisely, identify community dangers, practice social distance, personal hygiene, etc.*

### Accessible to all

*Behavior and personal care support available*

Scholarships available upon request and based on funding donations.