



## TheArcPlan

*Who will care for my loved one when I am no longer able to do so?*

### **What is TheArcPlan of Southeastern Minnesota?**

TheArcPlan provides supplemental care for **persons with developmental or physical disabilities, mental illness and/or brain injury**, on behalf of parents or other caregivers who are no longer able to do so themselves. TheArcPlan works **together** with individuals and families.

### **The Goal:**

The goal of TheArcPlan is to provide lifelong caring support and assistance to individuals after their parents and/or caregivers are deceased or no longer able to care for their family member.

### **Components of TheArcPlan:**

TheArcPlan aims to provide families and individuals assurance that someone will be available to monitor, care for, contact and advocate for a loved one with a disability when key family members are unable to do so.

### **Why is TheArcPlan Beneficial to Families & Individuals?**

Families are often closely involved in ensuring that their relative experiences high quality of life and meaningful experiences. With TheArcPlan's assistance, you can plan for the present and the future. **Together** we will develop and implement a *Personal Support Plan*. A *Personal Support Plan* provides a comprehensive history of the family member's life and it serves as a way for families to express their future wishes and concerns for a loved one. By providing individualized services and advocacy, TheArcPlan works to maintain and improve quality of life for both the individual and family members. This includes independence, both now and into the future. TheArcPlan works with families so they are prepared when life changes occur, such as new living situations, employment, illnesses and death of family members.

### **Geographic Area Served:**

Individuals who have disabilities, mental illness and/or brain injury who reside in the following counties: Dodge, Fillmore, Goodhue, Houston, Olmsted, Rice, Wabasha and Winona.

**For more information contact:** Melissa Evans, TheArcPlan Director. Call (507) 287-2032 or

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*Services may include: Personal Support Plan Coordination, Service Advocacy, Monitoring Quality of Life, Identifying Individual Needs & Accessing Resources, Facilitating Connections with Existing Service Providers, Overseeing the Personal Support Plan, Guardianship, spending quality time with your loved on through our Enhanced Services, and others.*