

PROGRAMS & SERVICES

RESPIRE AND RECREATION

COARC has several programs that can help caregivers get a much needed break from the demands of their constant duties. From a few hours to an entire weekend, we can plan and provide for the care needs for both children and adults so parents and caregivers can get away and have a little time of their own.

CAMP MAHICAN



Camp Mahican began in 1966 as the first program operated by COARC. It is a summer day camp in Copake that provides the opportunity to learn and play in a safe yet challenging environment for children ages six to sixteen who experience disabilities. Here

the campers enjoy outdoor sports and physical activities through the use of the 2+ acres turf-play area, regulation basketball court, universally accessible playground and beach front where children receive American Red Cross fresh water swim instruction. Our outdoor pavilion is a fun but structured play area for art projects, board and table games where children learn skills needed to work independently



and in groups. Camp Mahican is the only day camp of its kind within Columbia County and services are provided free-of-charge, including transportation to and from the camp.



RECREATION AND ATHLETIC PROGRAM

COARC's weekend Recreation and Athletic Program (RAP) in Hudson offers fun Saturday activities to Columbia County children and young adults with disabilities. Activities include physical and passive play and also community interaction. This free-of-charge program offers young individuals the opportunity to interact with their peers in a safe, supportive environment, and also affords primary caregivers much needed breaks from the continuous demands of raising children who experience disabilities.

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TRAUMATIC BRAIN INJURY SERVICES

COARC has recently developed services for individuals who have sustained Traumatic Brain Injuries (TBI). TBI Services to support an individual in leading the most independent life possible include Independent Living Skills Training, Community Integrations Counseling, Intensive Behavior Services, Service Coordination and certified Structured Day Programming.

AT-HOME RESIDENTIAL HABILITATION

This program provides personal in-the-home supports to individuals who experience developmental disabilities. A staff person works one-on-one with an individual in the home and in the community to meet personal goals. These goals can include health and safety, community integration, social and behavior skills, budgeting, daily living activities and other goals that assist an individual to live within the community instead of a certified residence.

FORTY-FIVE YEARS AGO...

A small group of parents and interested community members within Columbia County came together to provide a place for their children who experienced developmental disabilities to live, work and be educated. This dedicated group received an official charter from NYSARC, Inc., our state organization, on May 5, 1965. Now COARC serves more than 500 people experiencing disabilities and employs over 400 staff members as the Columbia County Chapter of NYSARC, Inc.

OUR MISSION

To expand abilities, one person at a time, so individuals experiencing disabilities can achieve their individual goals.



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PROGRAMS & SERVICES

Forty-Five Years of
Expanding Abilities in
Columbia County, NY,
Supporting Individuals who
Experience Disabilities



COARC PROGRAMS & SERVICES... EXPANDING ABILITIES, ONE PERSON AT A TIME

CHILDREN'S SERVICES



The Starting Place in Hudson is our pre-school, universal pre-kindergarten for the Hudson, NY, school district and day care center for three-to-five-year olds and their families. Classrooms and daycare are staffed with a high adult-to-child ratio and integrate

children who are experiencing disabilities along with those who are not. Our special education teachers and assistants provide educational instruction using a developmentally appropriate play-based curriculum. Classes focus on adaptive, fine and gross motor skills, communication skills and improving social, emotional, cognitive and sensory impairments. Clinicians provide individualized attention through speech, occupational and physical therapy, social work and psychological services. Guidelines for The Starting Place day care center are set and monitored by The Office of Children and Family Services for provision of quality day care.

DAY PROGRAMS

Our Day Habilitation Programs provide supportive environments for adults to learn and experience all that life has to offer according to their interests and goals. Individuals develop their abilities through community involvement, volunteerism and recreation. Services are tailored to support each person's interests, desires and needs. These services include psychology services such as individual counseling, behavioral service and social work services for life-stages planning, socialization skills or development of appropriate peer relationships. Nursing services, speech therapy, occupational therapy and physical therapy are also available on an individual basis.

COARC offers six Day Habilitation Programs: **Promenade Hill Center**, **Dove Hall** and **Cardinal Hall** in Hudson, **Evergreen Hall** in Valatie, **Falcon Hall** in Chatham and **Blended Services** in Mellenville.



EMPLOYMENT SERVICES



Columbia Work Link in Hudson matches area employers' job needs to qualified workers with skills that fit. Professional job coaches provide extensive job training and skills development for employment success to individuals who are experiencing disabilities. Employers

in our community pay no fee to hire through Columbia Work Link and receive free on-site support to ensure mutual employment satisfaction. Other employer benefits can include tax, wage and training incentives.

Blended Services in Mellenville provides prevocational training and an employment experience at the COARC Contract Manufacturing Facility in Mellenville to individuals who need additional support and structure in their work environment. This program blends employment services with day activities for individuals who learn best with variety in their daily schedules.

COARC CONTRACT MANUFACTURING

Our two ISO 9001:2008 certified manufacturing facilities in Hudson and Mellenville offer a full range of manufacturing services, including product design and development, injection molding, mold procurement, plastics decoration, spin welding, assembly, packaging and fulfillment. COARC Contract Manufacturing services can be contracted as parts, subassemblies or complete turnkey solutions at competitive pricing, meeting customers' needs in a timely manner.



RESIDENTIAL AND LIVING ALTERNATIVES

COARC's Residential Program provides a variety of housing options to adults who experience disabilities. With over twenty-five sites throughout Columbia County from Germantown to Valatie, we offer housing options that are tailored to meet individual needs. In addition to 24-hour



staffing by our Direct Support Professionals, services that are provided through our Day Habilitation Programs can also be provided through our residences, including nursing services, rehabilitation counseling, psychological and social work services.

ADVOCACY AND LEGAL SERVICES



COARC's Legal and Family Support Services provide the guidance and assistance of an attorney and social worker who has devoted his career to understanding the complex systems of services for individuals

who experience disabilities. Advocacy and Legal Services assist with Medicaid/public benefits, Social Security, guardianships, estate planning, representation in court, landlord/tenant disputes, special education, uncontested divorce, referrals, social work casework and community education with regard to the rights of individuals with disabilities.

SERVICE COORDINATION

Service Coordination is an individualized program that supports people who are experiencing developmental disabilities to attain the most enriched lives possible. Individuals work with their own Service Coordinators, who are advocates and experts on available services and benefits. Service Coordinators develop and maintain ongoing written plans for services and supports, and they also help people develop life goals to pursue. Service Coordination acts as a gateway to many other COARC services. The Service Coordinator is a liaison between an individual experiencing a developmental disability, all the different COARC programs, outside care providers and all the many other organizations with which an individual may be involved. Service Coordination is available to individuals experiencing developmental disabilities who are older than three years of age and can become enrolled in Medicaid.

