

Our Curriculum

ChangeAbilities offers a variety of interactive activities that enhance skill development and provide new life experiences:

- Life Skills Instructions
- Computer Skills and Technology
- Nutrition, Fitness and Exercise
- Dance and Movement Class
- Sensory Integration Activities
- Grocery Shopping
- Cooking Skills
- Therapeutic Gardening Groups
- Social Skill Groups
- Safety Skills
- Human Rights Awareness
- Educational Games
- Horticulture
- Arts and Crafts
- Media Groups
- Community Awareness
- Volunteer Opportunities



Minute Man Arc for Human Services, Inc.

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Licensed, Certified or Approved by:
MA Department of Developmental Services
U.S. Department of Labor
MA Department of Labor and Statistics
CARF
Ability One

An affiliated
chapter of  **The Arc.**

Minute Man Arc: *improving the lives of children
and adults with disabilities by increasing independence,
personal choice, and self-advocacy.*

Minute Man Arc

Changing Lives, Changing Communities



ChangeAbilities Day Habilitation

Providing an environment
for personal enrichment
and growth

MINUTE MAN
 Arc

Helping Adults with Developmental Disabilities Grow

The **ChangeAbilities Day Habilitation Program** provides an environment for personal enrichment and growth through a wide range of integrated learning experiences designed to support the needs and desires of each individual. The program is committed to meeting the changing needs of each participant and offers a broad spectrum of program and community-based activities designed to help adults with developmental disabilities learn and grow.



Involving Families in the Learning Experience

Parents, siblings and caregivers come to us with hopes and dreams for their adult family members. **ChangeAbilities** offers an environment in which their loved ones are treated with respect and dignity and are encouraged to reach their full potential in all areas of their lives. Family involvement - through information sharing, goal setting and ongoing communication - is an integral part of the program.

Developing a Well-Rounded Individual

ChangeAbilities supports individuals to identify their needs and desires, set goals, and achieve new levels of independence. Programming promotes skill acquisition, relationship building, personal health and safety, physical activity, community involvement, creativity, self-determination and enjoyment.

Our Resources

Specialized resources within Minute Man Arc's center on Forest Ridge Road ensure the highest program quality including state of the art exercise room, activity center, multicultural classroom and computer lab.



Our Services

Our dedicated staff conducts individualized assessments to determine each participant's level of need for:

- Health Care Supervision
- Speech and Language Consultation
- Occupational Therapy Consultation
- Physical Therapy Consultation
- Behavioral Consultation
- Case Management
- Developmental Skills Training

Hours: We are open 9:00AM – 3:00PM, M-F

Location: 35 Forest Ridge Road
Concord, MA 01742

Fees are paid by referral through the Mass. Department of Developmental Services and Medicaid.

Service Availability: Minute Man Arc accepts persons as they are referred. There is rarely a wait time.