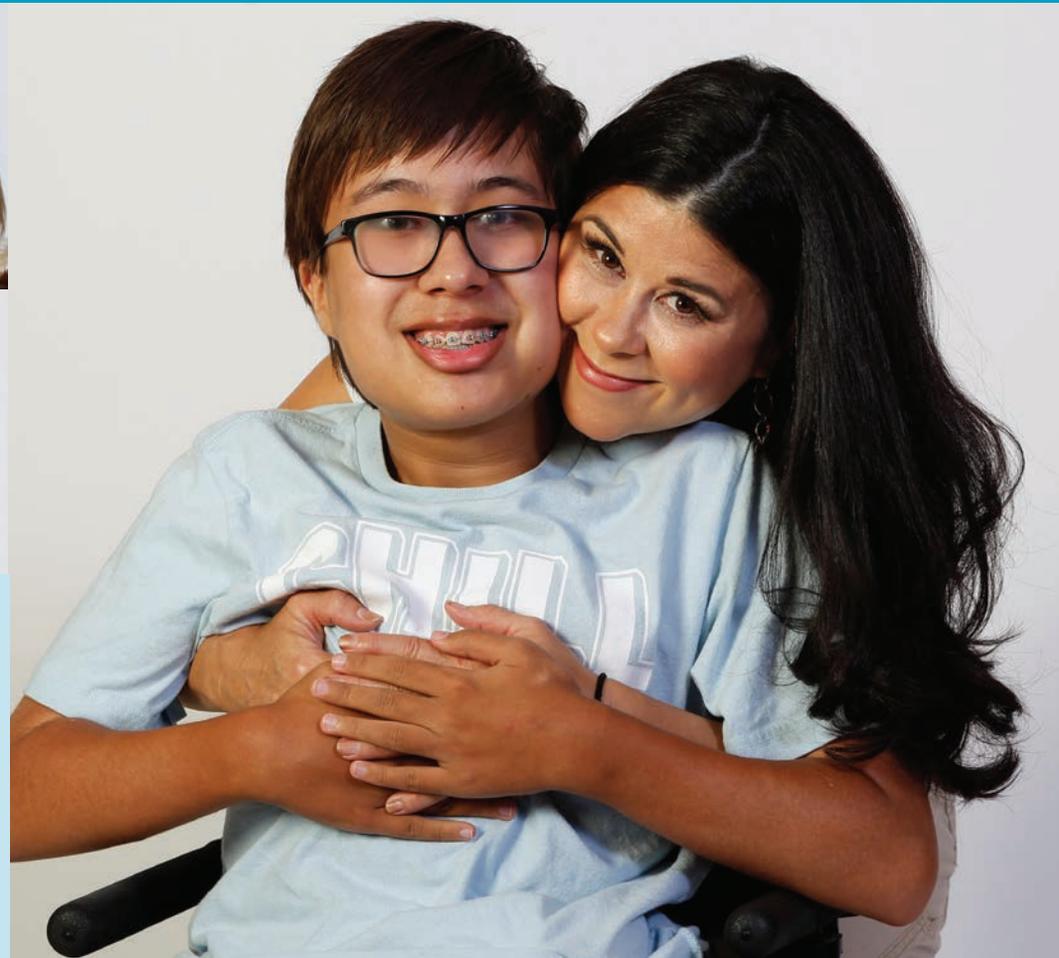


Advocacy. Education. Support.

Help is here.



- Is committed to ensuring a high quality of life for individuals with developmental disabilities and their families through education, empowerment, support and advocacy.
- Believes that people with disabilities are entitled to dignity and respect and that empowerment is the most effective way to help them achieve their dreams.
- Envisions a world in which these individuals have a right to make their own choices and their voices are reflected in all decisions affecting their lives.

2516 East 71st Street, Suite A
Tulsa, OK 74136-5531

918.582.TARC (8272)
800.688.TARC (8272)
www.ddadvocacy.net



*Improving the lives
of Oklahomans with
developmental disabilities
since 1952.*

Seeing the person beyond the disability.

It is understandable that meeting someone with developmental disabilities can make some of us feel uncomfortable, at least at first. But once you get to know the person behind the disability things take on a different perspective.

Ask one of our staff members how it feels to see a child with a developmental disability thrive in the right learning environment. Ask any ARCCorps volunteer guardian or advocate what makes the individual they serve laugh, their favorite ice cream, or what they like to do for fun. Or ask what it feels like to help a person with a disability take control of their life for the first time.

Focusing on the person, not the disability is the first step in truly improving their quality of life – the ultimate goal of TARC.



Are You the One?

ARCCorps:

We believe in the power of one.

Yes, we believe in one person's ability to have a powerful effect on the life of another. ARCCorps is a unique advocacy program designed to look after the individual and protect his or her rights, while providing the companionship so vital to a good quality of life. No special skills are needed. ARCCorps staff will provide the training and technical support and assist with everything required to take on the important role of guardian or advocate.

Volunteers are matched with the one they serve in order to best meet their particular needs. They are paired up on a trial basis, and if both feel the fit is good, the match is made. The new relationship requires mutual acceptance and agreement.

Speaking Out:

Informing, educating and influencing the community

TARC is the activist organization that speaks out on behalf of the interests of people with developmental disabilities and their families. This may simply mean providing information, serving as a resource for professionals, facilitating collaboration, educating society or encouraging progressive public policy. No matter the venue or vehicle, TARC defends the rights and protects the interests of people with developmental disabilities..



OK AIM:

Making a difference of a lifetime, one visit at a time.

OK AIM is a nationally recognized program with a single focus – ensuring that Oklahomans with developmental disabilities living in state-supported homes enjoy the same high quality of life as the rest of us. Volunteer monitors visit homes in pairs to assess living conditions and make sure residents have everything needed to lead a full and satisfying life. They obtain answers to simple questions like:

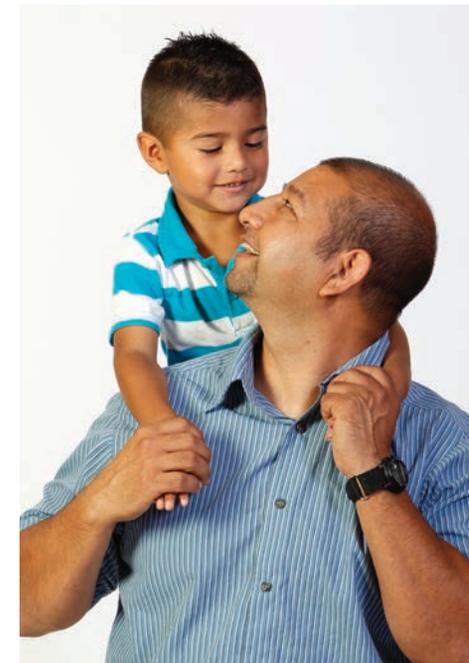
- Do they like their home?
- Are they able to eat the foods they like?
- Is the home adequately staffed?
- Do they have access to hobbies and activities?
- Are they getting to exercise regularly?
- Is the home a clean and comfortable place to live?

Visits are always scheduled at the convenience of volunteers. You will be rating quality of life issues on paper, but the real difference you'll be making can be seen in the eyes of the ones you serve.

Our children deserve better!

In 1952, a passionate group of concerned parents united with one clear mission – to improve existing education, support and living facilities for their children with developmental disabilities.

They demanded an answer to one basic question: “Who will care?” Then, together they built that answer by forming the organization now known as TARC. Today, TARC advocates for people with developmental disabilities and their families with helpful programs and resources throughout their lifetimes.



TARC PROGRAMS ACROSS THE LIFESPAN:

Family Support: A family assistance system for those who have children with developmental disabilities.

Self Advocacy: Activities that help adults with developmental disabilities be more successful and independent in daily life.

Grief Support: Helping individuals with developmental disabilities and their families cope with loss and grieving.

OK AIM: Sending volunteer monitors into residences where people with disabilities are being served to ensure they are receiving good care.

ARCCorps: Matches people with disabilities who do not have family members involved in their lives with volunteer guardians and advocates.

Speaking Out: Serving as the leading voice on issues impacting the lives of people with developmental disabilities and their families.



Family Support:

Helpful resources for caring and coping.

Our staff works directly with each family one-on-one to help them understand a diagnosis of a disability so that they can make the most of available resources. We then help them navigate the social service and special education systems to locate and secure services that best meet the needs of their child. Our staff typically helps families through key life transitions such as: the birth of a child with a disability; initial diagnosis of a disability in a child; and the transition of a child with a disability through the school system.

Support groups and outreach.

We help coordinate several support groups throughout the Tulsa area providing an effective hub of peer support. The family support program also addresses the special needs of Hispanic families – assisting them in overcoming the cultural barriers that are obstacles to access service for their children with developmental disabilities.



Putting People First!

Self Advocacy:

Empowering, building confidence and self-reliance.

Self Advocacy gives people with developmental disabilities life tools they need to speak and act on their own behalf. Activities promote the development of social and decisionmaking skills so that people with developmental disabilities can live fulfilling, self-directed lives in the community and be contributing members of society. Activities include:

- [Individual advocacy and assistance](#)
- [Tulsa People First](#)
- [DayMakers activity groups](#)
- [Assistance for families in transition](#)
- [Support group for adults with Asperger syndrome](#)

Grief Support:

Help in coping with loss.

When experiencing loss due to the death of a significant person in their lives people with intellectual disabilities benefit from support dealing with the grief they experience. The TARC Grief Support Program has adapted the widely used Grief Recovery© program to address the needs of people with intellectual disabilities and uses the principals to help these individuals cope positively and move forward in their lives.