










Our programming supports and empowers individuals throughout their lifespan and includes:

-  Adult Foster Care
-  Autism Resource Center
-  Community-Based Day Services
-  Day Habilitation
-  First Early Intervention
-  Personal Care Management
-  Residential Supports

We ensure that people with disabilities live healthy, safe, independent, and empowered lives.

Since 1951, The Arc of the South Shore has helped over 100,000 individuals with intellectual and developmental disabilities, including autism, live their best lives and achieve high-quality outcomes. We are a family oriented, community-based non-profit located in Hingham, MA that offers information, referrals, and a range of community programs.

Our mission is to empower families and individuals of all ages with disabilities to reach their fullest potential. We achieve this by providing high-quality individualized services and opportunities that foster independence, community inclusion, and advocacy.



**The Arc**  
South Shore

## DAY HABILITATION

**Visit:** [ArcSouthShore.org](http://ArcSouthShore.org)  
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*The Arc of the South Shore is the Heart of the South Shore*



## DAY HABILITATION

The Day Habilitation program is a therapeutic, community-based program for adults with intellectual and developmental disabilities. We offer an array of comprehensive clinical services, nursing support, and developmental skills training at our beautiful, newly renovated facility. This vital program assists individuals in maintaining and improving their level of independence and functional ability within the areas of self-help, sensorimotor skills, communication, independent living skills, personal relationships, behavioral skills, self-determination skills, wellness, and community integration.

### ELIGIBILITY:

Individuals must be 22 years old with a diagnosis of an intellectual and/or developmental disability and receive MassHealth, either Standard or CommonHealth. Individuals must also be in need of developmental skills training and clinical oversight.



### LOCATION:

The Day Habilitation program is in a beautiful setting by the ocean and Webb State Park in North Weymouth. This newly renovated space is used for expanded activities, programs, and therapy services. Our multi-purpose facility includes a computer lab, sensory room, fitness room, modernized kitchen and lunchrooms, therapy and rehab room, oversized classrooms for activities of daily living and skills training, and multi-purpose areas that can be used collaboratively by the entire Arc community.

### SERVICES:

We offer occupational, physical, and speech therapy along with nursing and behavioral supports. Adaptive equipment for mobility, communication, and daily living is utilized to maximize individuals' participation in the program. We also offer skills-development activities to promote personal enrichment and growth through a wide range of interactive learning experiences. Services include:

- Activities of daily living
- Community integration
- Computer skills development
- Cooking skills
- Cultural awareness & education
- Fine & gross motor skills
- Fitness & exercise
- Gardening activities
- Grocery shopping
- Healthy living



- Human rights education
- Life skills instruction
- Music and movement
- Positive behavioral supports
- Safety skills
- Sensory integration
- Social skills groups
- Yoga instruction

