

Adult Group Programs

Representative Payee

This service assists adult individuals with money management, including check writing, ledger recording, ATM or debit card use, and budgeting. Certain restrictions apply, so please check with your Case Manager or Support Broker to be sure you qualify.

Health and Wellness Program

The Arc of Orange County's Health and Wellness Program assists adults with developmental disabilities increase their physical fitness and their knowledge, skills, and abilities surrounding healthy eating. The Program consists of three separate sections:

- Nutrition / Cooking Class. Held once a week in a demonstration-style kitchen, adults use hands-on experiences to further their knowledge of nutrition as well as their skills in the kitchen.
- Spin Class
- Strength Training Class

Up with Orange County Self-Advocacy

This self-advocacy group meets the 3rd Wednesday of every month. The group elects its own officers, contributes significantly to the agenda of each meeting, and handles most of its own responsibilities. The Arc of Orange County is present to advise the group when needed. Past topics of discussion and learning have included fire safety, hurricane preparedness, fundraising for fallen firefighters, and planning group outings to the North Carolina State Fair.

For more information contact: Tom Galperin, Coordinator of Individual Services, Ph: (919) 942-5119, ext. 112 or email tgalperin@arcoforange.org.