



COMMUNITY INCLUSION



FOR ADULTS AGES 18+

Referred by
Personal Agent or
Service Coordinator

- **BUILD GREATER INDEPENDENCE**
Learn new skills, such as how to use public transportation
- **EXPAND SOCIAL NETWORK**
Explore the community, visit with friends, and meet new people in the community
- **ENHANCE QUALITY OF LIFE**
Explore new interests and pursue passions

PURSuing ACTIVE, FULFILLING LIVES

Stepping Out is a program for adults who experience intellectual and/or developmental disabilities who want to explore and be active members of the communities in which they live.

Participants engage in fun recreational activities, dine at restaurants, visit parks and museums, shop, attend local festivals, engage in hobbies and pursue new interests.

All activities are person-centered and selected by the participant.

Participants will strengthen interpersonal skills, enhance self-esteem and enrich their personal lives.

For more information, contact Dottee Stacks, The Arc Lane County Stepping Out program manager. at 541-852-5785 or dottee.stacks@arclane.org.