

*New Options for Community Living in California*

## Disability, Access & Achievement: A New Approach


Dr. Glenn Motola, CEO  
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**The Arc**  
San Francisco

*For people with intellectual  
and developmental disabilities*

[www.thearc.org](http://www.thearc.org)



## Dr. Glenn Motola, CEO

### A Unique Philosophy

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Explore/Extend/Expand



## Diverging from “social services” Why?



- De-institutionalization
- Community-based
- Mainstreaming  
(Poor Streaming)


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Explore/Extend/Expand



- Dreams
- Aspirations
- Continued Learning
- Career Development


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- Lifelong Growth
- Career Paths
- Supported Achievement

**Your Dream,  
Your Choice**

Explore/Extend/Expand



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**Overall Health & Wellness**

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**Jennifer Dresen, MSW/MPH**

**Director, Center for Health & Wellness  
The Arc San Francisco**



**Access / Advocacy / Partnership**

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## Why Health Advocacy?

- Pilot goal: Seniors aging in place
- Short-term, acute needs
- Scope of needs broadened
- We expanded the program

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## The Evolution

- New goal: Improve access for range of ages, needs
- Health management and support
  - the connective tissue:
    - Ensure regular screenings
    - Support at doctor visits
    - Follow-up with medical directives (labs, Rx, diet)
    - Clinician/patient/family communication
    - Coordination of services
    - Ongoing monitoring

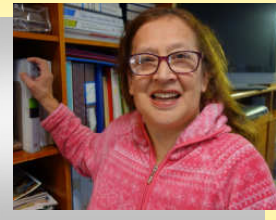


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## Health Advocacy: It's Personal

Robert



Serena

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## The Impact

- Health needs managed; regular life activity resumes
- Ripple effect: Improved quality of life for client and caregiver(s)
- Empowered clients, actively involved in their own health

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## What's Next

### Triangle of Health in Action

- Fewer acute referrals
- Nutrition counseling and workshops
- Expanded exercise classes
- Better fitness, better overall health

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## Tech Tools for Health

- Personal health apps
  - FitBit, Fooducate Nutrition Scanner
- Tele-advocacy
- Advanced data capture and measurement



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**Thank You!**  
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