

Adult Case Management Program

What can a case manager do for me?

Case managers at The Arc of the Capital Area help people with intellectual and developmental disabilities work toward greater independence and self-sufficiency. By using your strengths and person-centered planning, You and your case manager will set goals and then create a plan to help you achieve them. Your case manager will help you coordinate a range of community services and supports aimed at helping you succeed.

Services We Provide:

- ◇ Health and wellness planning
- ◇ Social and recreational activities
- ◇ Help with budgeting your money
- ◇ Help finding a job or volunteer opportunities
- ◇ Referral and advocacy to other agencies who can help



To join our program you must:

- ◇ Be 18 or older and out of high school
- ◇ Live in Travis County
- ◇ Have a diagnosed intellectual or developmental disability (IDD)
- ◇ Be willing to meet with your case manager at least once per month
- ◇ Actively work toward your personal goals

