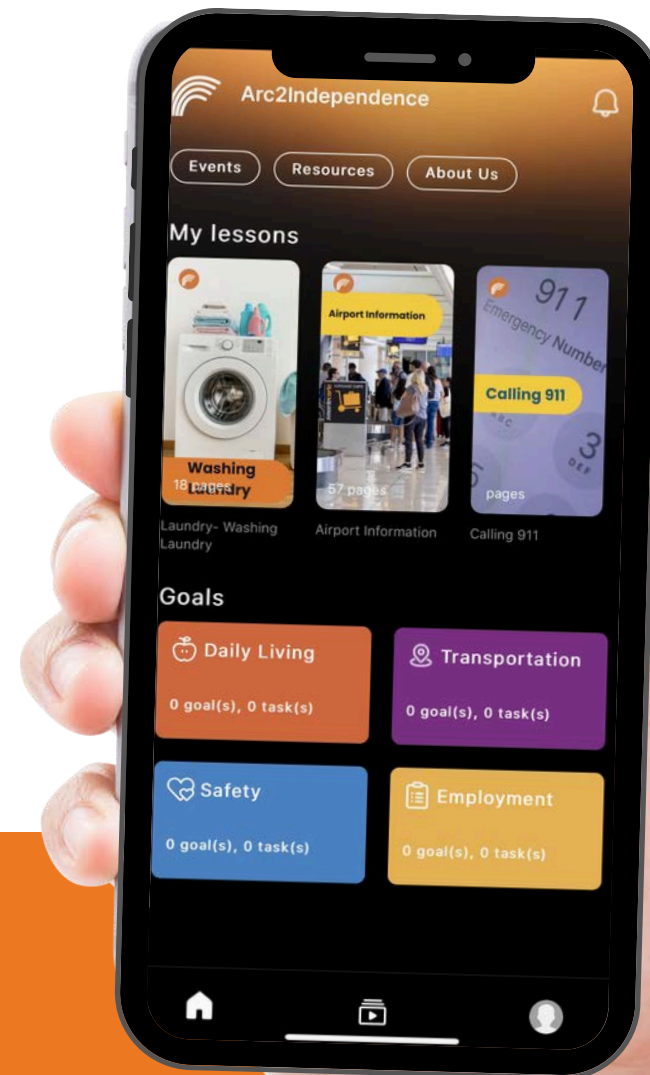


THE ARC OF NORTHERN VIRGINIA'S  
TECH FOR INDEPENDENT LIVING TEAM



# Arc2Independence



# **ABOUT THE ARC OF NORTHERN VIRGINIA**

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We promote and protect the human rights of people with IDD and actively support their full inclusion and participation in the community throughout their lifetimes.

# ABOUT THE ARC OF NORTHERN VIRGINIA

- History
- Advocacy
- Education
- Information and Referral
- Case Management
- Special Needs Trusts
- Tech for Independent Living



# HISTORY OF TFIL PROGRAM

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## **2013–2016**

- Partnered with Oneder/Special Needsware to provide TravelMate
- 1 Full-Time Staff
- Primary focus on working with local school systems
- Available only through community partners
- Train the Trainer Model

## **2016–2018**

- 2 Full-Time Staff
- Expanded to working with employment providers and colleges

# HISTORY OF TFIL PROGRAM

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## **2018–2020**

- Full-Time Staff, 1 Part-Time Staff, 1 Part-Time Self-Advocate

## **2020–2022**

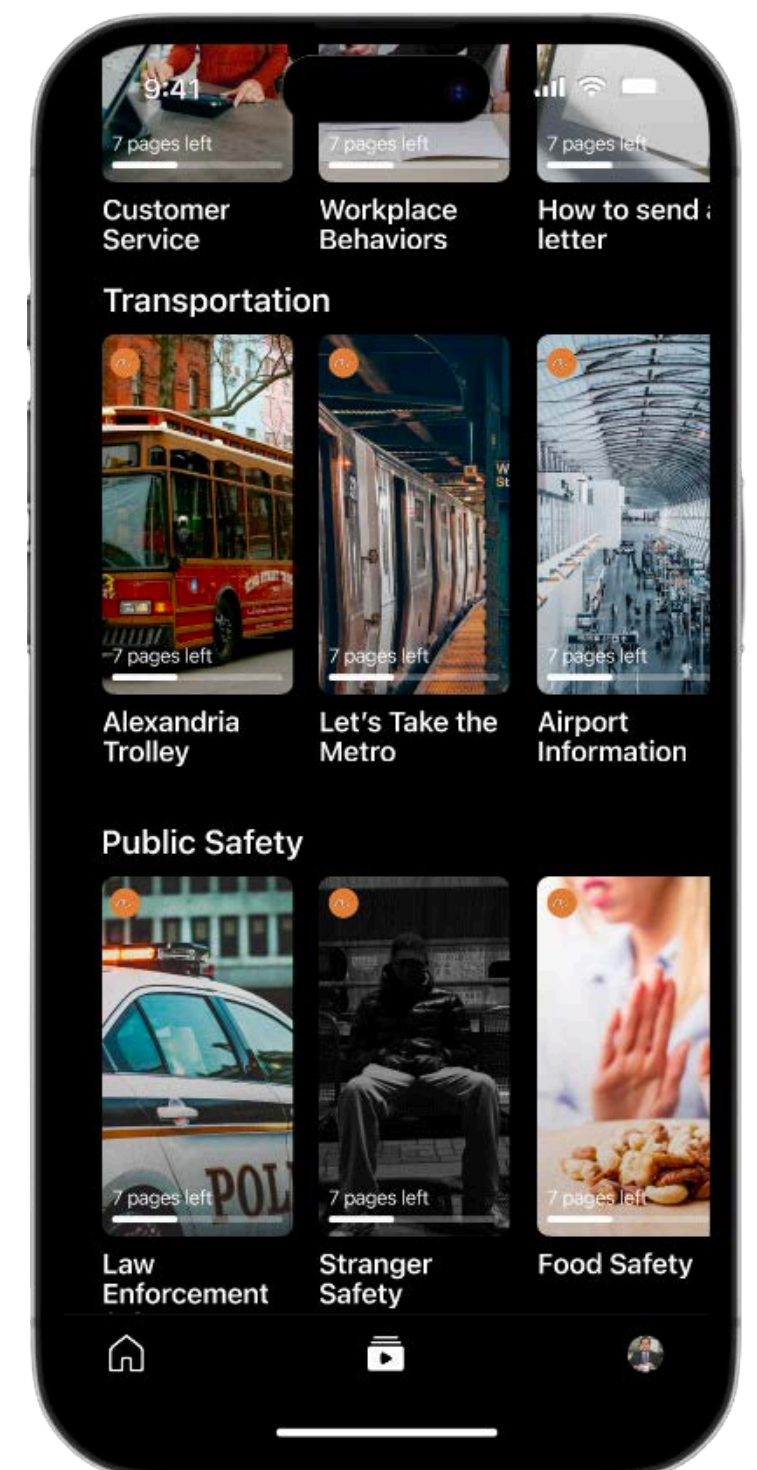
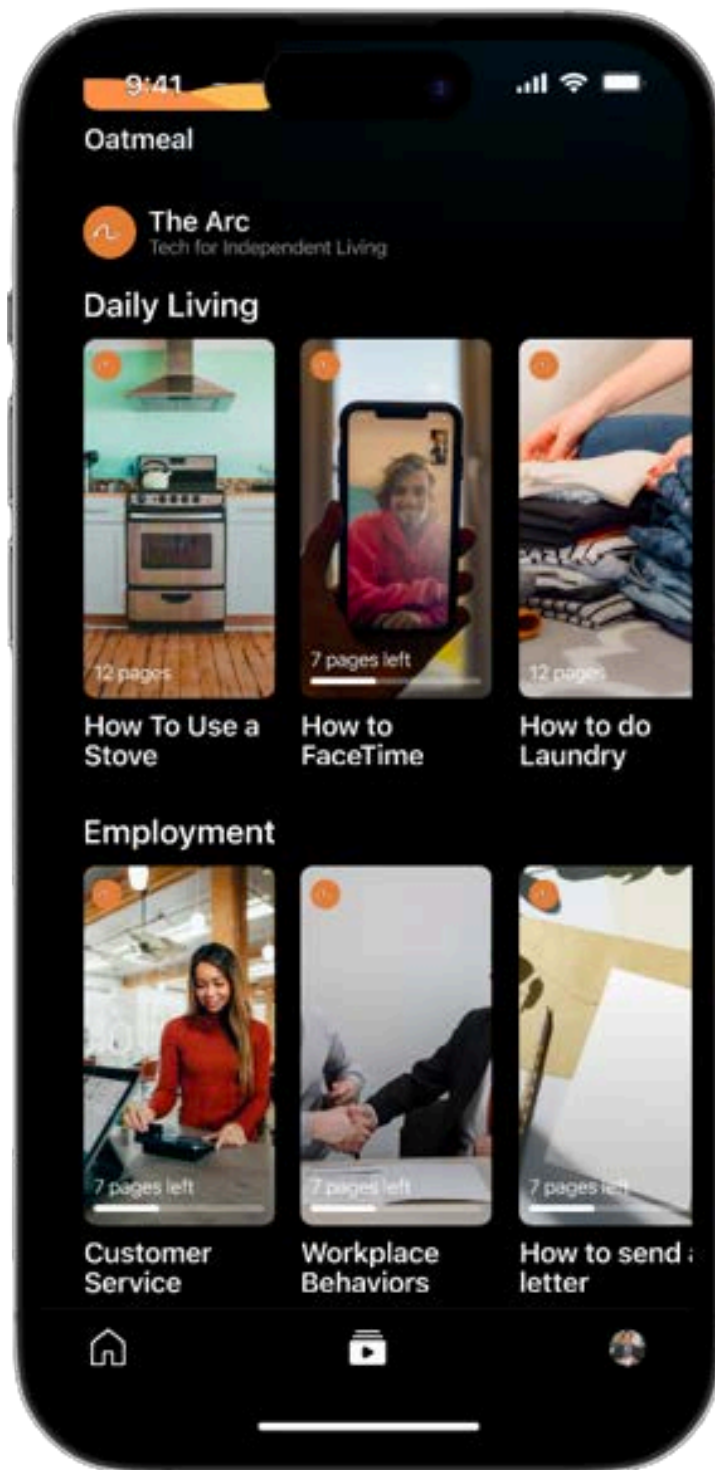
- Oneder rebranded to Ori and the software became less able to meet the needs of our clients
- 2 Full-Time Staff, 1 Part-Time Self Advocate

## **2022–24**

- Partner with Family Works to create Arc2Independence - launched October 2023
- 3 Full-Time Staff, 3 Part-Time Self-Advocates
- Available to Individuals and Community Partners

# WHAT IS TECH FOR INDEPENDENT LIVING?

**The TFIL Team creates virtual custom lessons to guide people through life's daily routines and challenges.**



# Grants



Metropolitan  
Washington  
**Council of  
Governments**

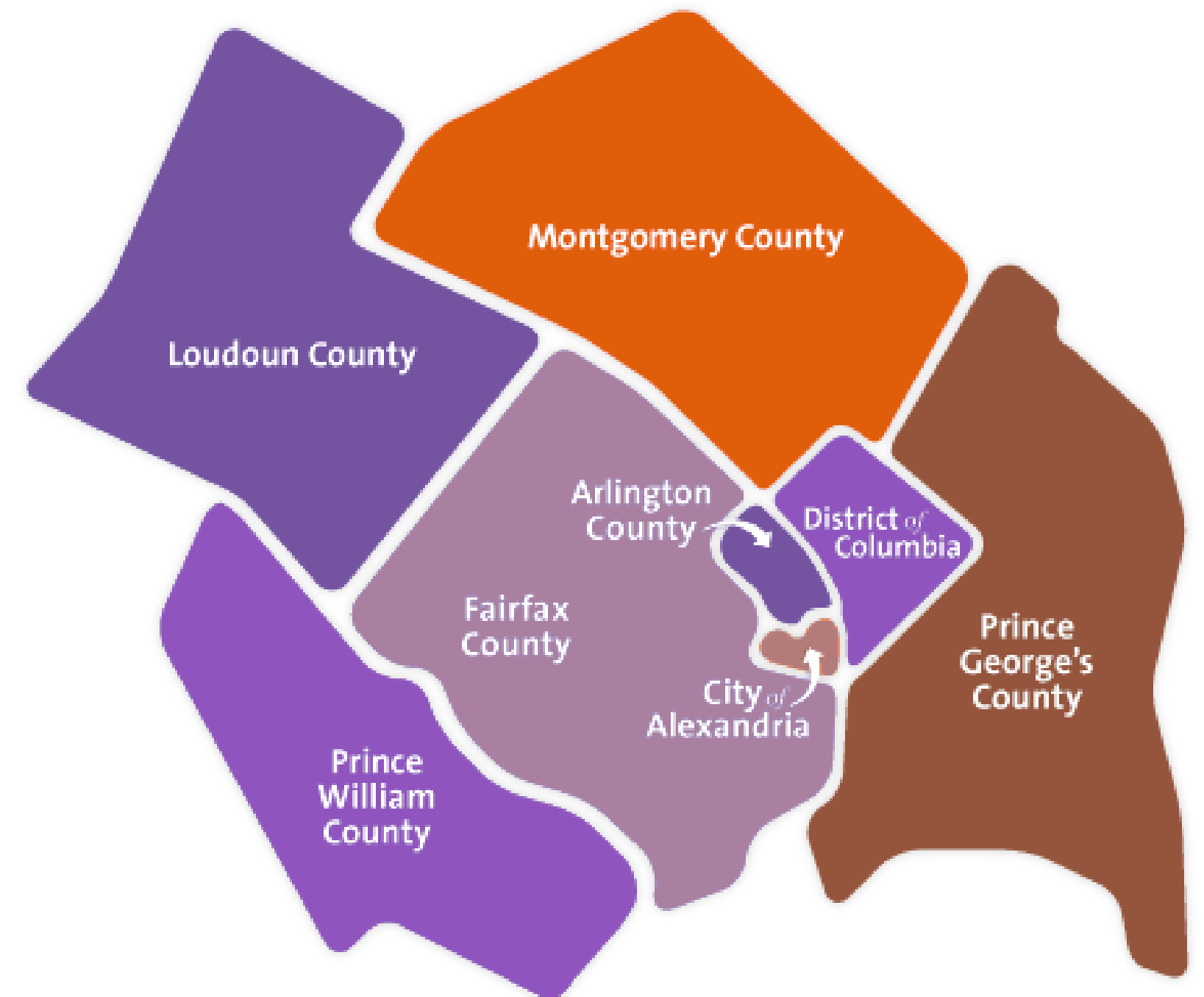
Consolidated Community  
Funding Pool  
(CCFP)



# Areas We Serve

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- Arlington County, VA
- Fairfax County, VA
- Falls Church, VA
- Loudoun County, VA
- Prince William County, VA
- District of Columbia
- Montgomery County, MD
- Prince George's County, MD





# Partners and Clients

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## Schools

- Fairfax County Public Schools
- Annandale High School
- Alexandria City High School
- Project Search
- Francis C. Hammond Middle School
- George Washington Middle School
- Alternative Paths Training School
- Arlington Career Center
- Meridian High School
- Shriver Secondary Program
- The Arc of Loudoun
- The Arc of PG
- The Arc of Montgomery County
- ECNV
- DATA - Dulles Area Transportation Assoc.
- Cameron's Chocolates
- Alexandria CSB
- Fairfax CSB
- Safe in Home
- Our Stomping Grounds
- Best Buddies
- Gabriel Homes
- Families and Individuals in the DMV Area!

# WE LAUNCHED OUR OWN APP!

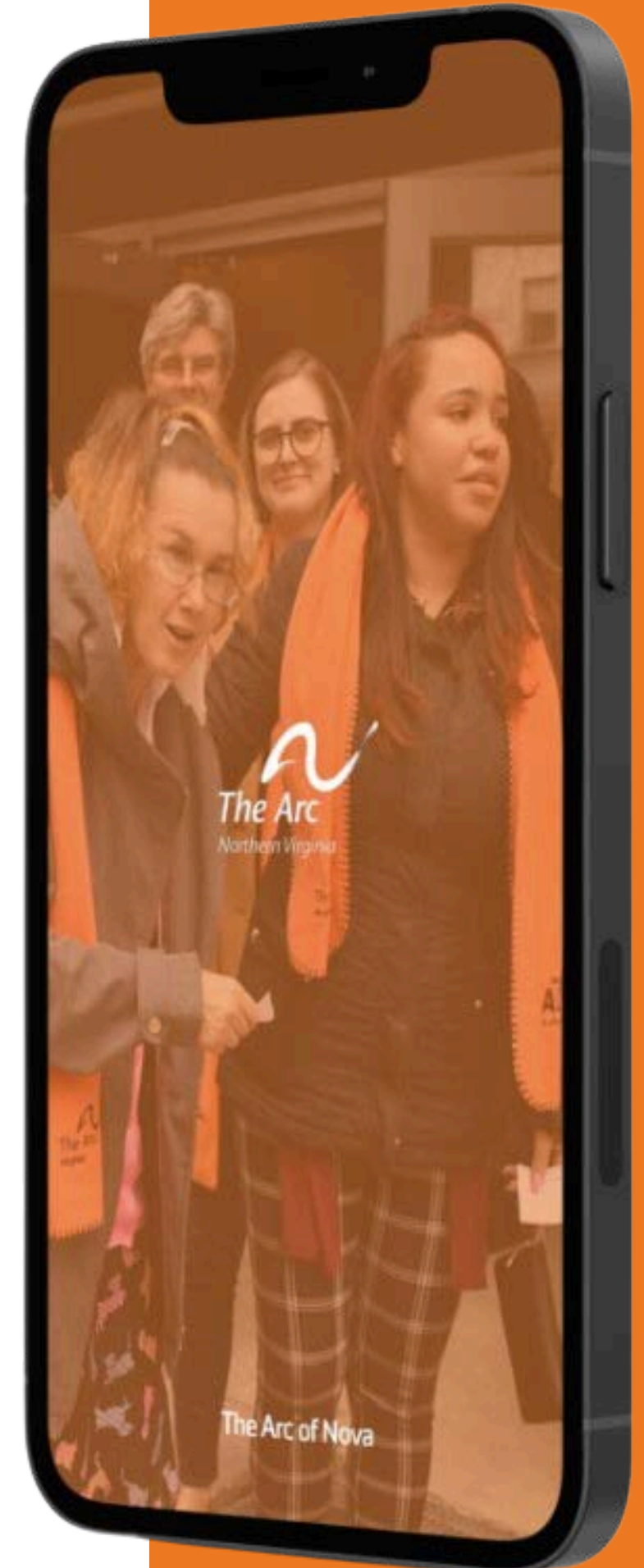


## Arc2Independence

POWERED BY



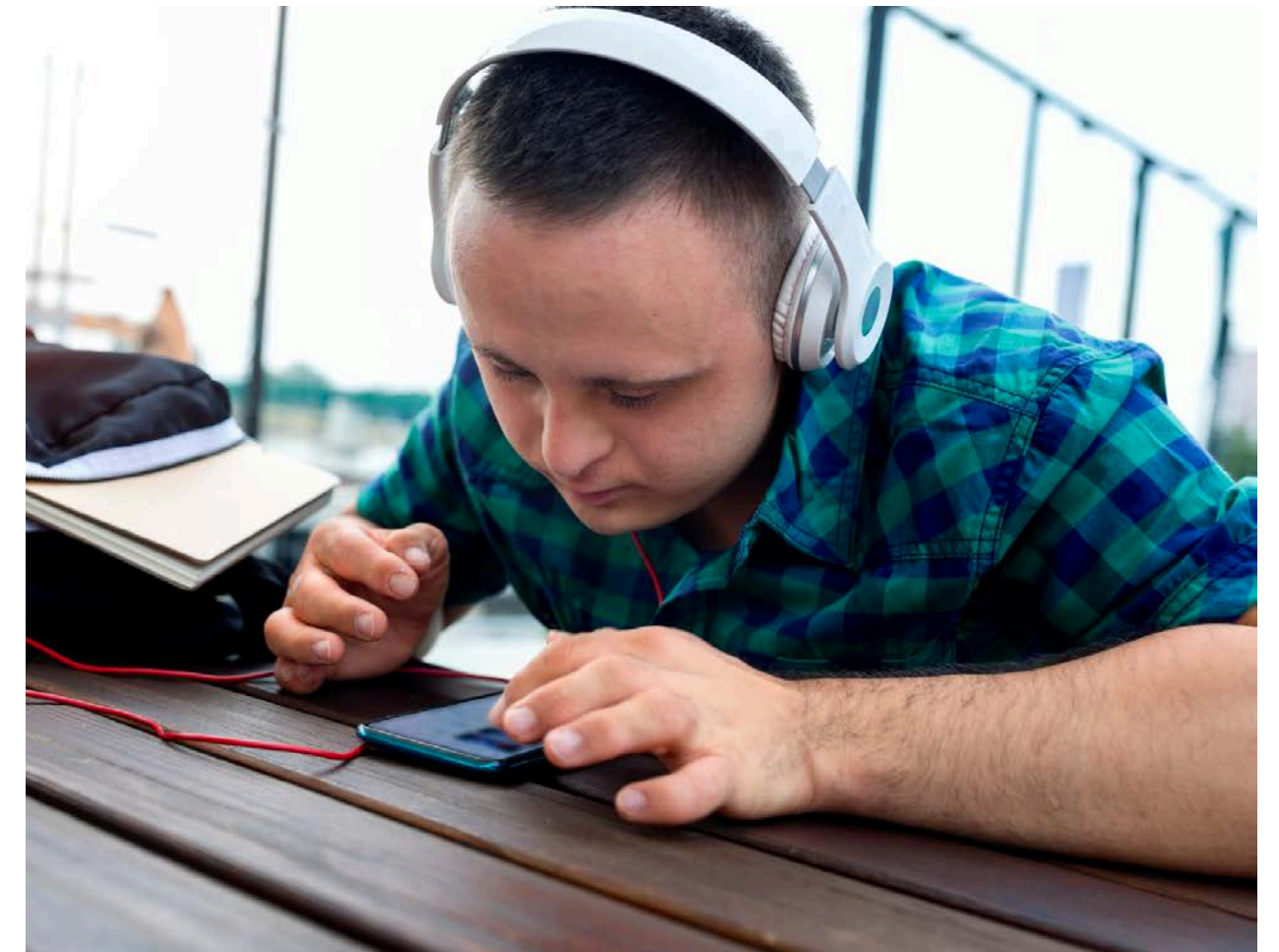
MANAGED BY





# Arc2Independence

- **Technology and skills**
- **Downloadable App + browser version**
- **Tool and resource**
- **Connection to schools, homes, and services**
- **View and review lessons anytime!**



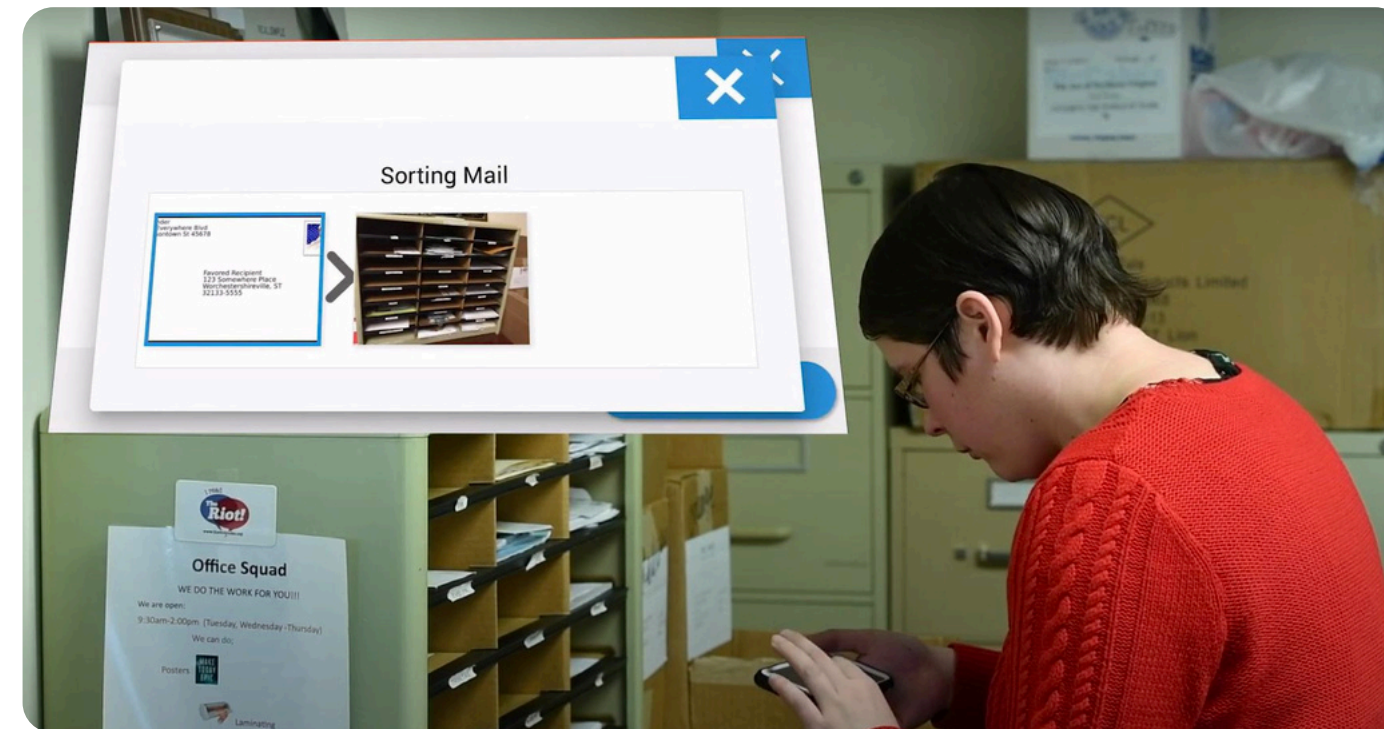
# Daily Living



# Safety



# Employment



# Transportation



IS NOT ALWAYS  
EASY

## Teachers



## Family and Caregivers



**We'll collaborate  
with an individual's  
entire support  
network.**

## Job Coaches



## Support Services





Large Text



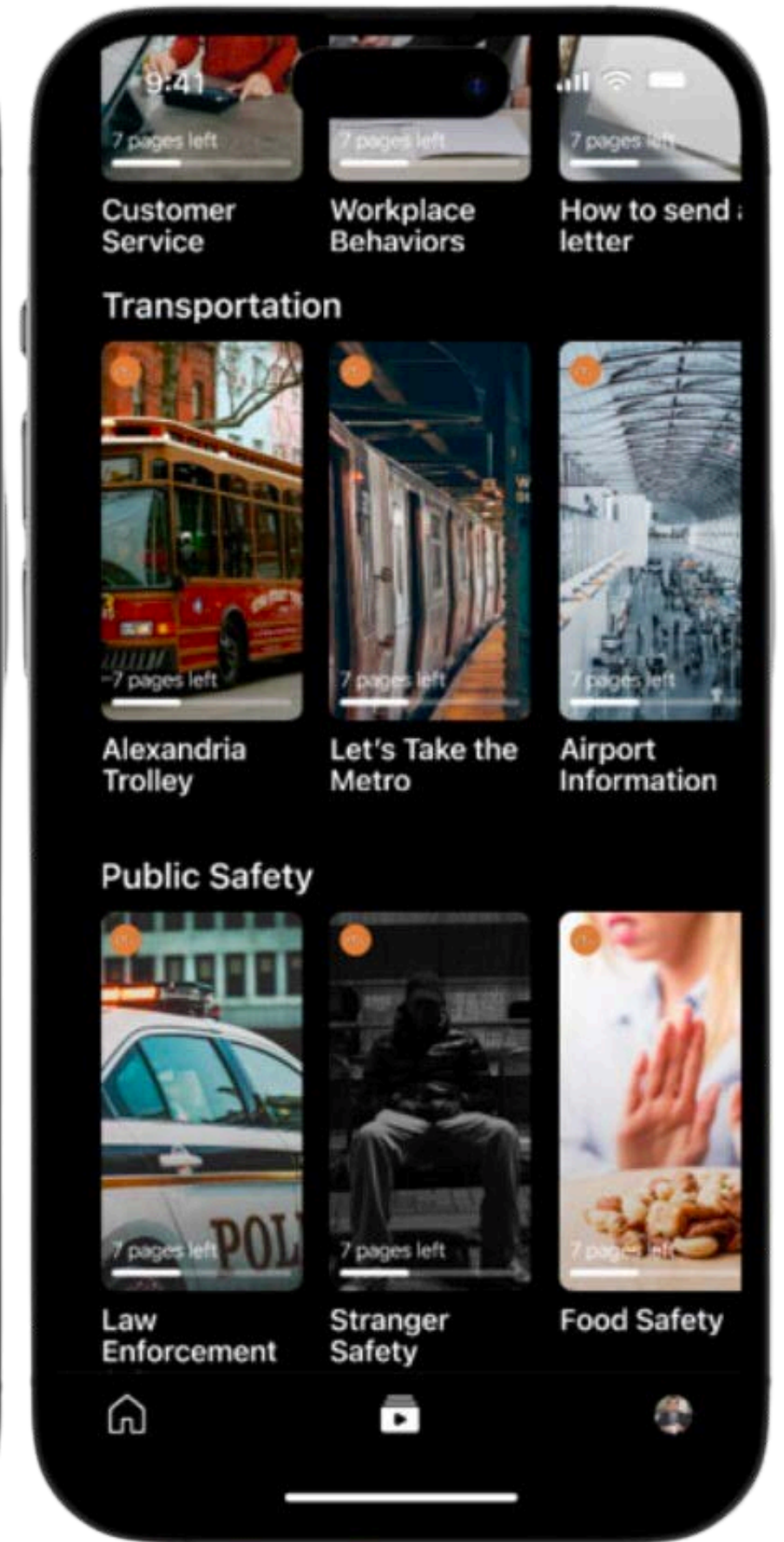
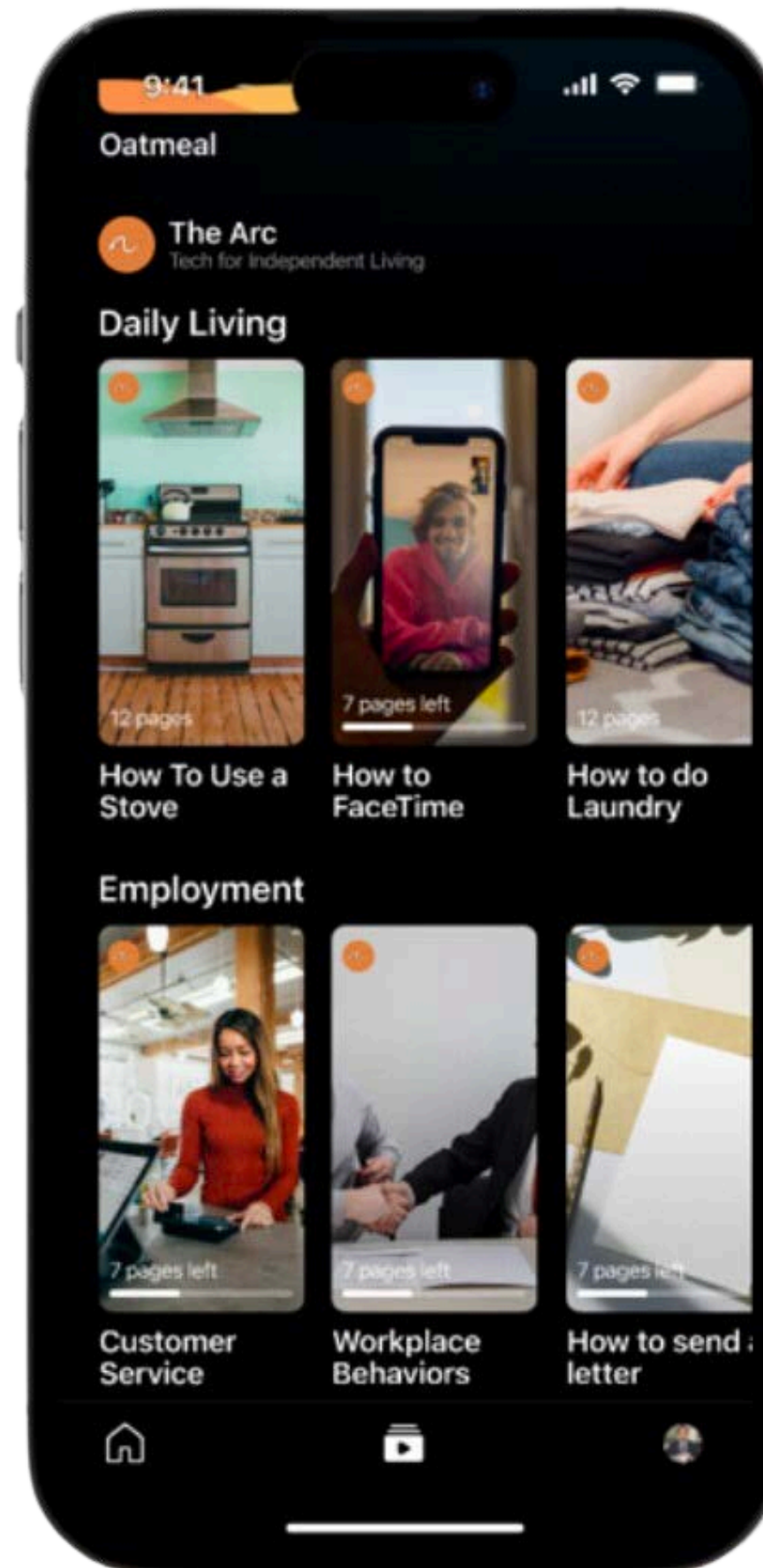
Large Images



Easy to Navigate

# USERNAME VIEW

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# LESSON OPTIONS

## TWO FORMATS OF LESSONS

### GENERALIZED LESSON CATALOG

- Money
- Home Living Skills
- Personal Hygiene
- Safety
- Travel Training & Public Transportation
- Sexual Health & Healthy Relationship
- Health & Nutrition

### CUSTOMIZED LESSONS

- If additional assistance is needed to learn a skill.
- Personalized pictures, videos and audio.
- Personal support from not only the technology, but from our team behind it to work with you.

# APP FEATURES

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**NEW Wayfinding  
feature - Google Maps  
within the app!**



**Ability to add videos,  
both custom and  
embed from YouTube**



**Screenreader feature**



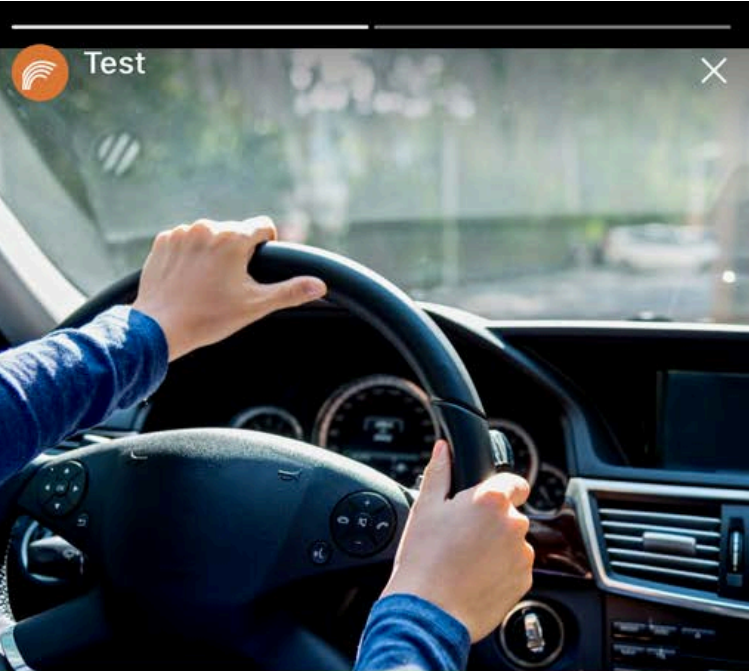
**Check for Understanding**

- **Matching / Sorting**
- **Multiple Choice**
- **Choice Boards**



# Wayfinding Feature

Test



**Let's travel from our old office to the new office inside Venture X**

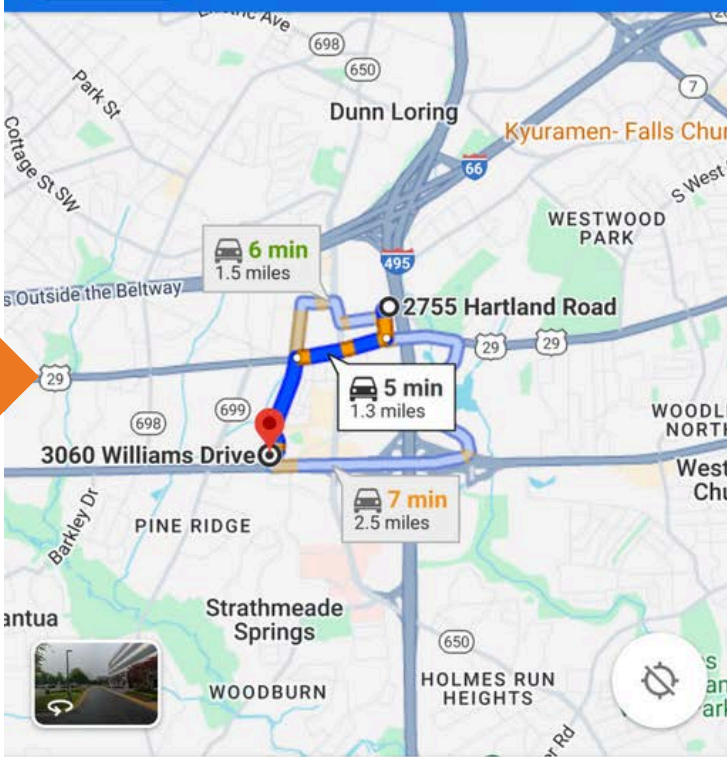
View

Done google.com AA ↻

Google Maps Open app

2755 Hartland Rd, Falls Church, VA 22043  
3060 Williams Dr, Fairfax, VA 22031


5 min 25 min 29 min 9 min



5 min (1.3 miles)  
Via US-29 S and Eskridge Rd

Start

Test



**Are you lost?  
Click the button below to follow the map back home.**

View

Done google.com AA ↻

Google Maps Open app

Choose starting point

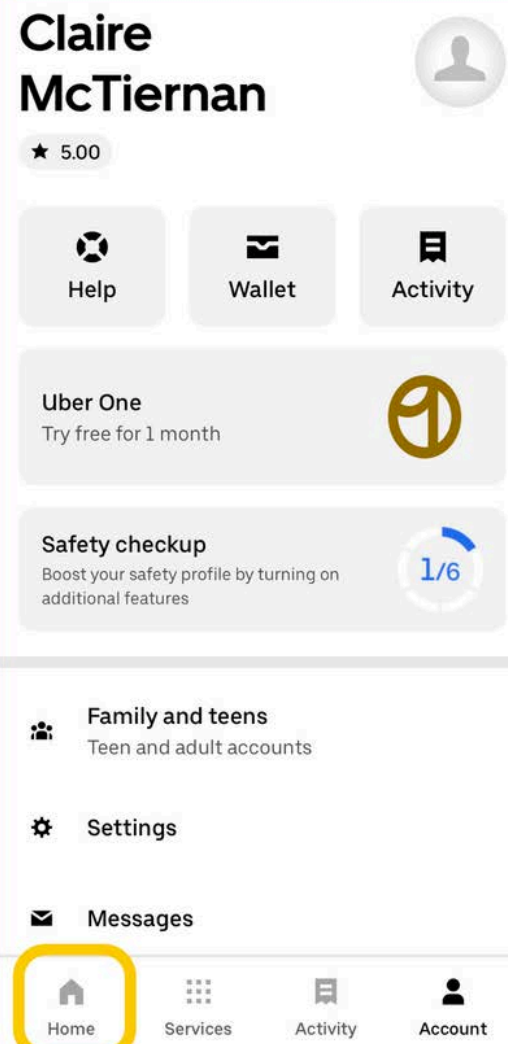
3060 Williams Dr, Fairfax, VA 22031

Your location

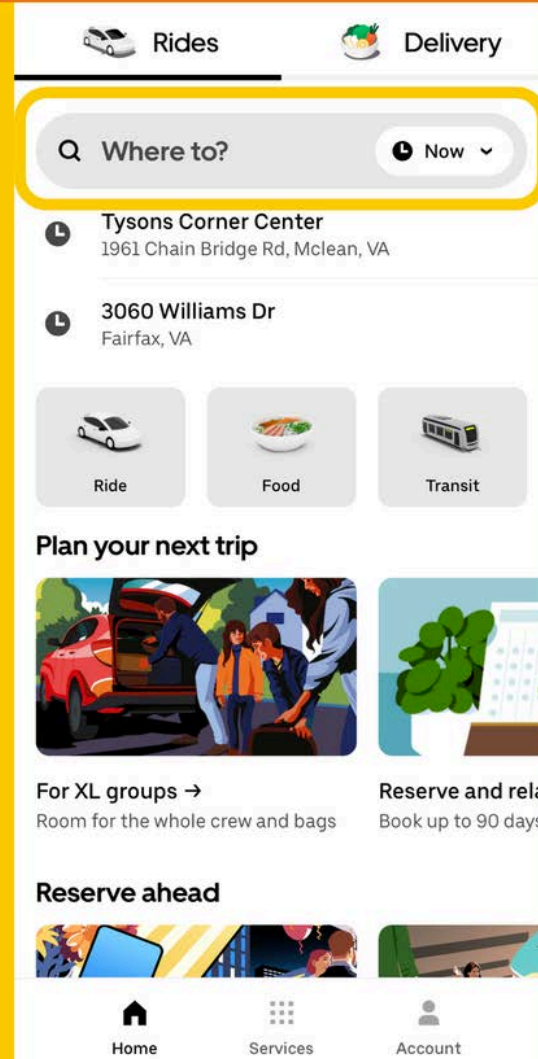
Choose on map

# Uber

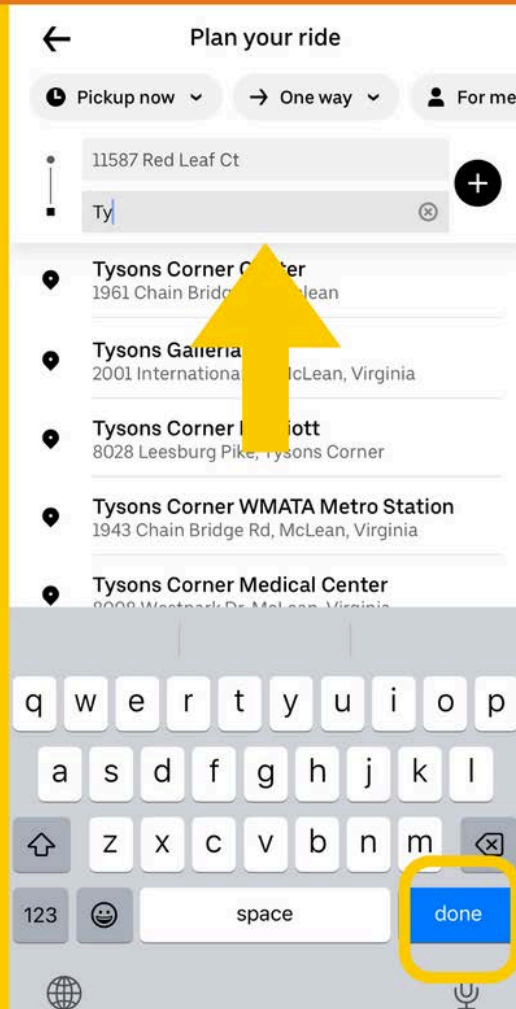
Tap the Home button if you are not already on the home page.



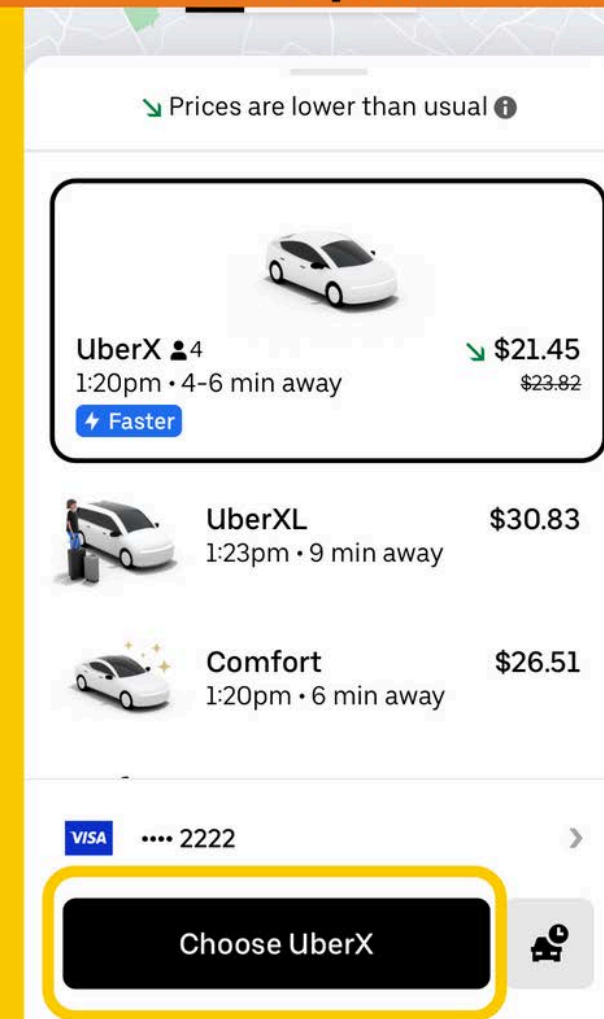
Tap the "Where to?" box under Rides.



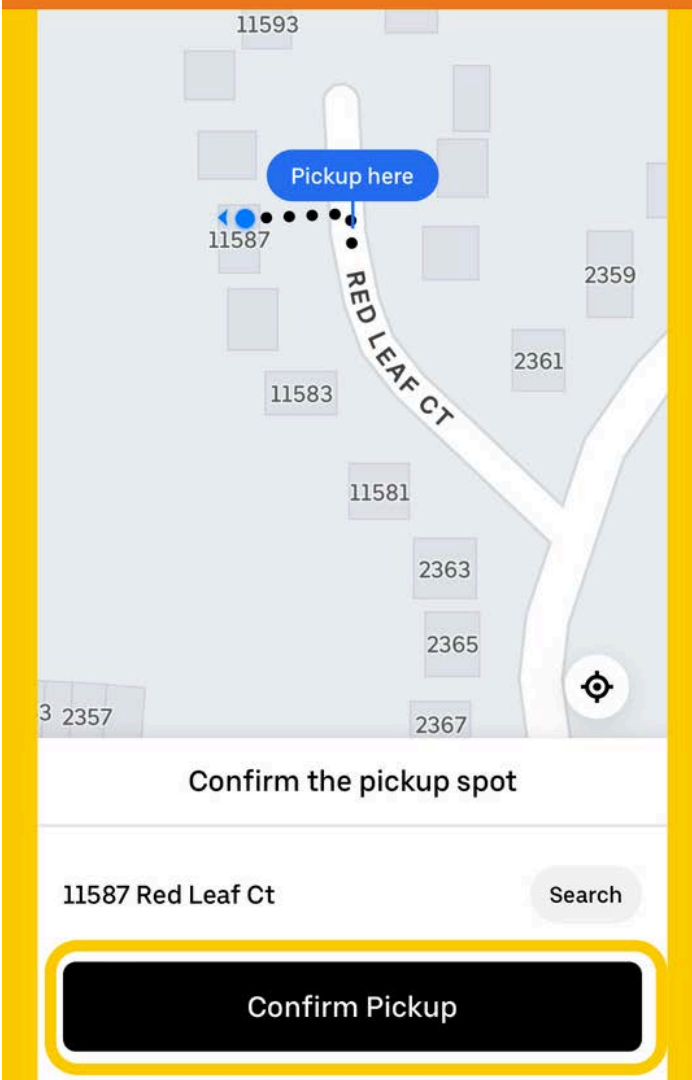
Type where you want to go and press the blue "done" button.



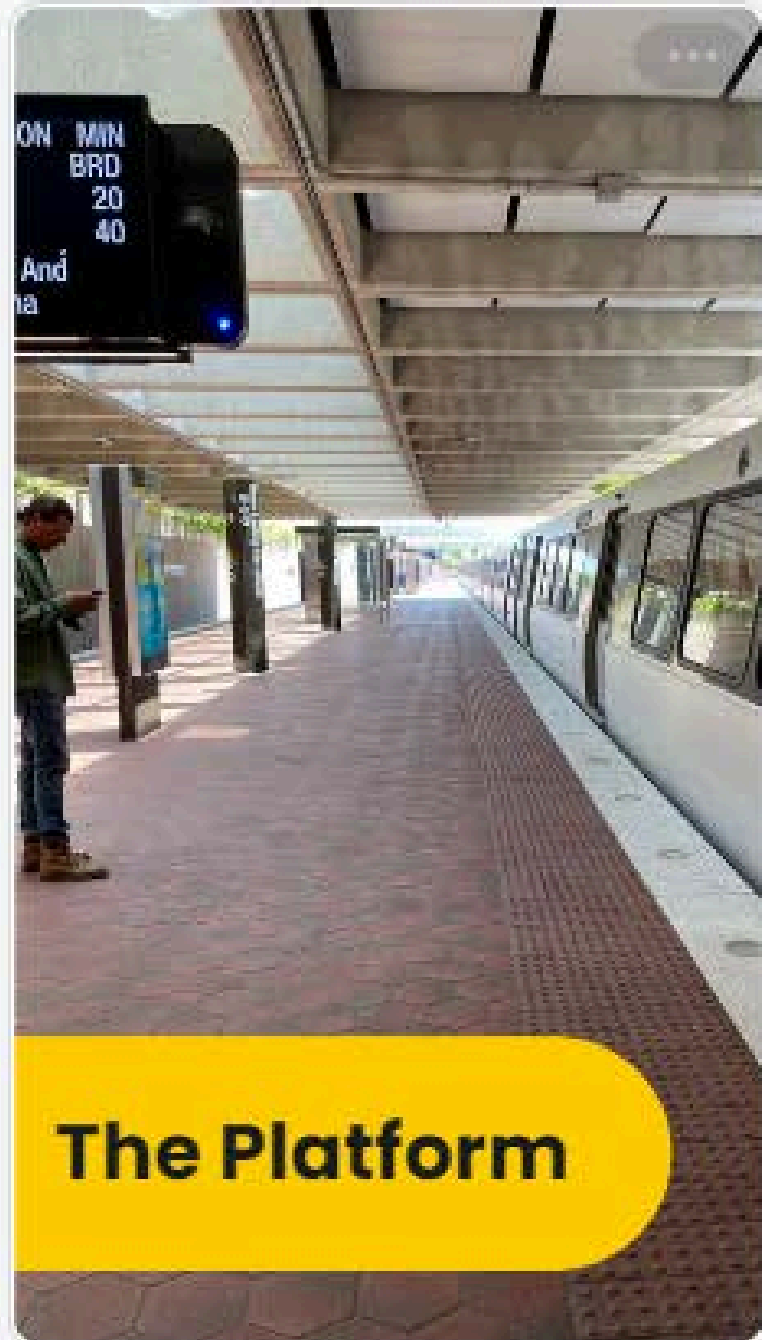
Choose the type of car you want. UberX is the fastest and cheapest.



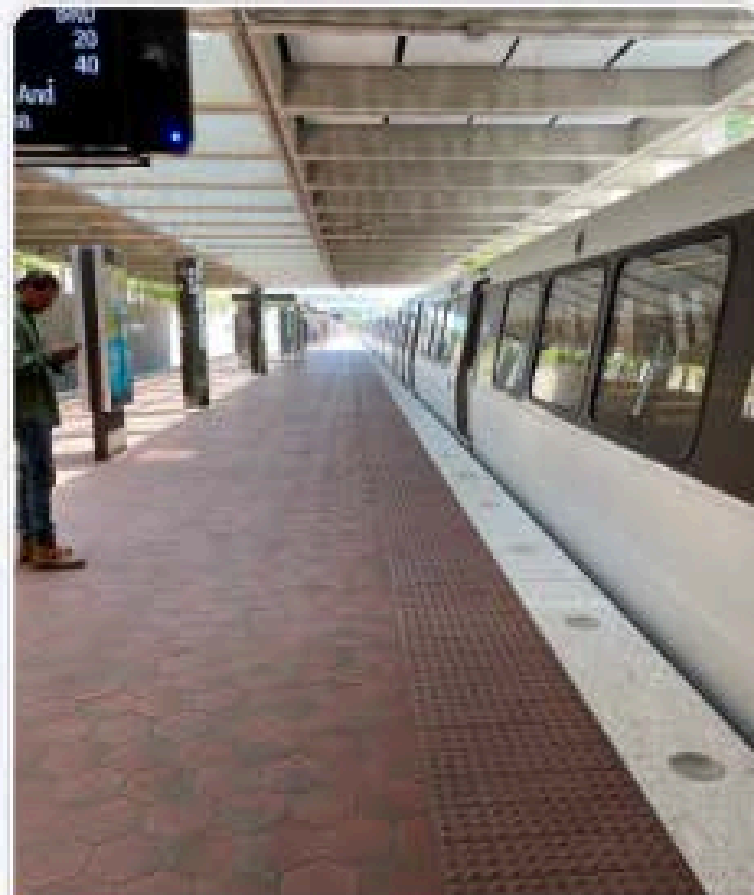
Press "Confirm Pickup" if the address is correct.



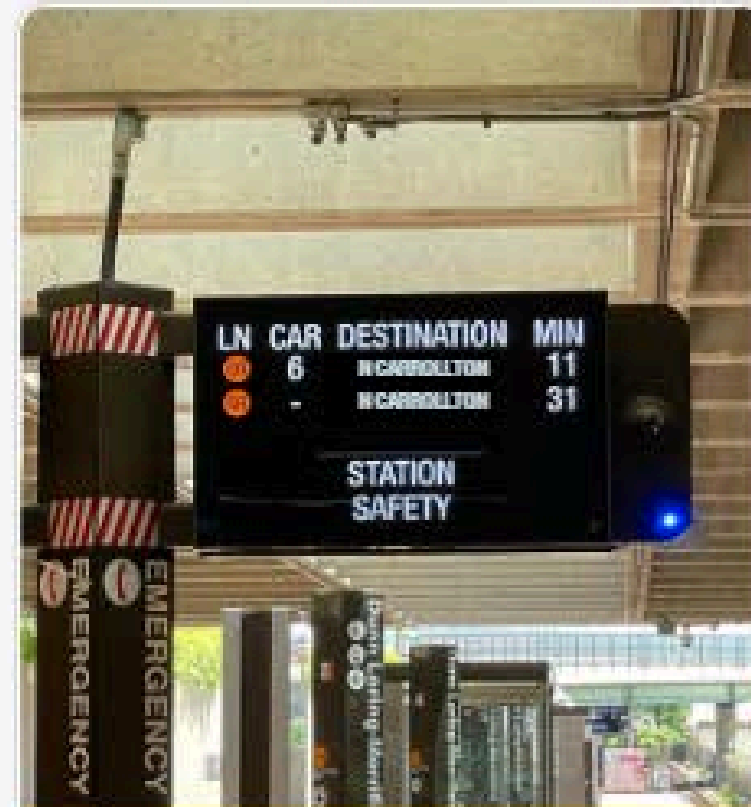
# Let's Take the Metro



**The Platform**



**Wait on the platform until your train comes.**



**Look up at the signs to find the train going to your destination. Stand on that side of the platform.**



**When a train arrives, read the sign on the train to make sure it says New Carrollton.**

# Pedestrian Safety

**When crossing the street, make sure to:**

**Look left, right, and left again to ensure no cars are coming.**



**When crossing the street, make sure to:**

**Only cross when it is safe.**

- When NO cars are coming.
- When the cars have stopped.



**When crossing the street, make sure to:**

**Signal the drivers.**

Put your hands out and make eye contact with the driver to ensure they stop and know you are crossing.



**When crossing the street, DO NOT:**

- Run across the street to beat a car.
- Look at your phone while crossing.
- Cross the street if it is not safe, even if others are crossing... **WAIT** till it is safe!



# Travel Related Fears

## FEAR



I am afraid I won't know where to go.



Prepare yourself before your ride by looking up details related to your trip and planning.

## Plan the route you will take.

- Using Google Maps or a local transit website, plan the route step-by-step
- Practice with a trusted person and take the trip with someone before doing it alone.
- Know when you need to get off and transfer



## Plan the day of details for the trip.

- Look up ticket costs and how to purchase one
- Look up the transportation schedule
- Pick people who you can talk to or text during your ride



# Stranger Safety

In the circles of relationships, strangers are the farthest away from you and your family.



Each day you see different strangers. The bus driver on your way to work, the cashier at the store, or a police officer on the sidewalk.



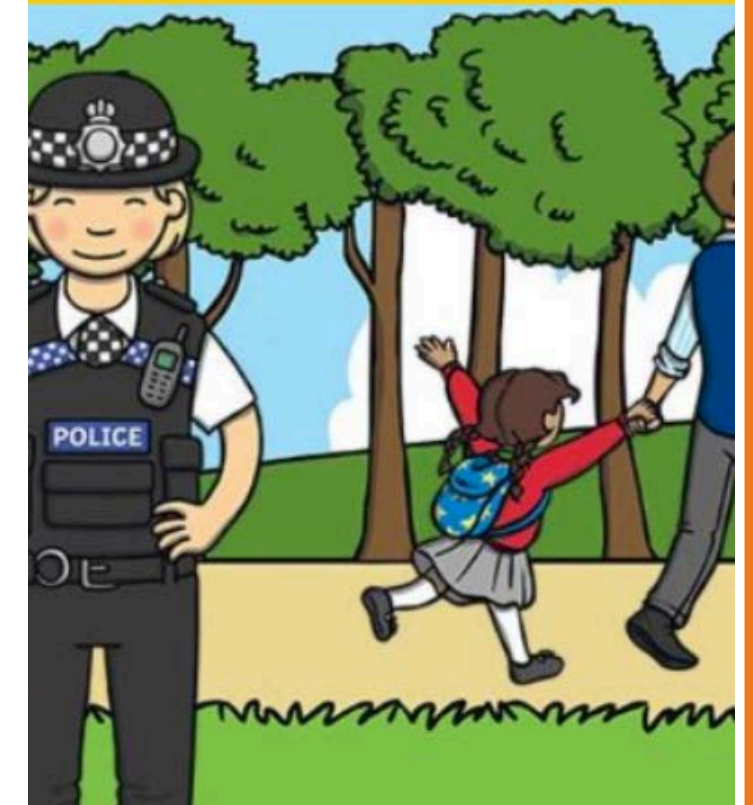
Strangers can be helpful like a security guard in the mall if you get lost or a server at a restaurant when you want to order your food.



Some strangers are dangerous and are not good people.




It is important to know the difference between "Safe Stranger" and an "Unsafe Stranger."






- **Multiple Choice**
- **True/False**
- **Matching**
- **Sorting**
- **Fill in the blank**

Which image shows  $\frac{3}{4}$ ?

 Choice

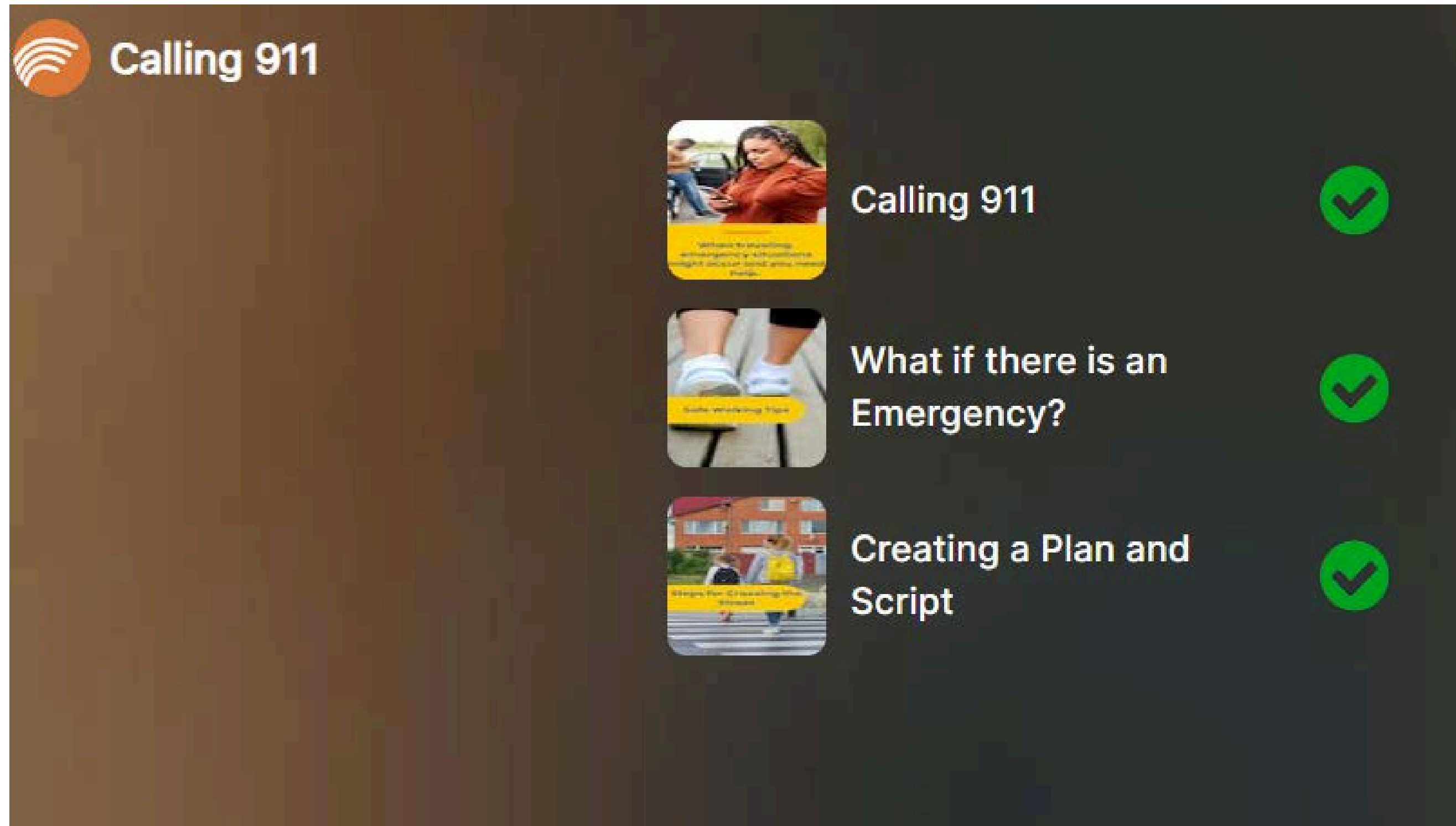
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 Choice


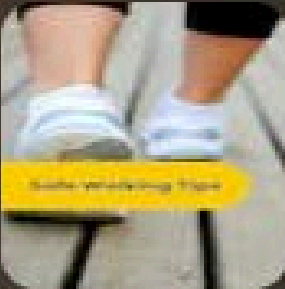

Ok! ✓

**Check for  
Understanding**

# Lessons can have a table of contents.



The screenshot shows a lesson interface with a dark background. At the top left, there is an orange circular icon with white curved lines and the text 'Calling 911'. Below this, there is a vertical list of three items, each consisting of a small image, a title, and a green checkmark icon.

|   |                                |   |
|---|--------------------------------|---|
|    | Calling 911                    | ✓ |
|   | What if there is an Emergency? | ✓ |
|  | Creating a Plan and Script     | ✓ |

# **LIBRARY OF LESSONS**

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**HUNDREDS OF LESSONS  
READY TO GO.**



**WE CAN  
PROVIDE  
DEVICES!**

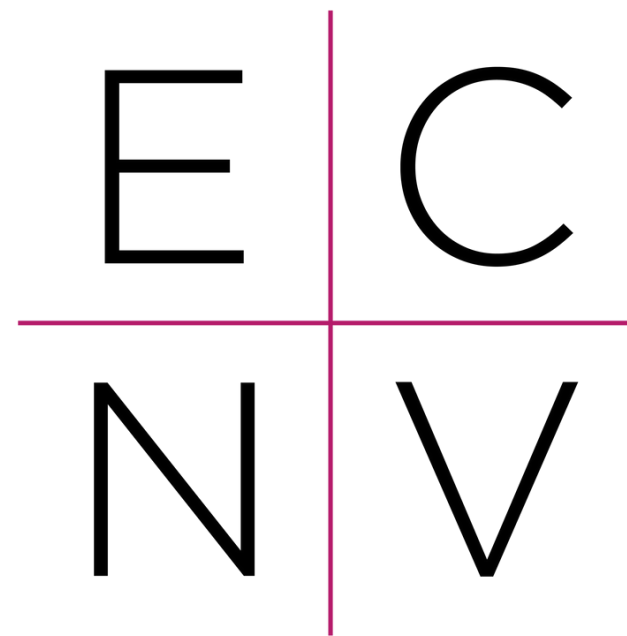
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# Travel Training

**Through the multi-day program that is comprehensive and individualized, you will learn a variety of travel skills that will enable you to ride your local transportation independently.**

**The Travel Trainers will work with you to learn transit routes to travel anywhere you want to go.**



ENDependence Center  
of Northern Virginia



# METRO TRIPS

During this practice trip, individuals with disabilities will learn basic travel skills and will become more comfortable traveling on the Metro.

**SmarTrip cards will be provided.**



# BUS TRIPS

During this practice trip, in partnership with ECNV, individuals with disabilities will learn basic travel skills and will become more comfortable traveling on the bus. **SmarTrip cards will be provided.**



# Air Travel Resource Webinar



**Tuesday, July 16th from 12 - 2 PM**

**The webinar will feature info sessions from TSA, United Airlines, Traveler's Aide, Public Safety, Arc2Independence, and MWAA presenting the many disability resources that are available.**

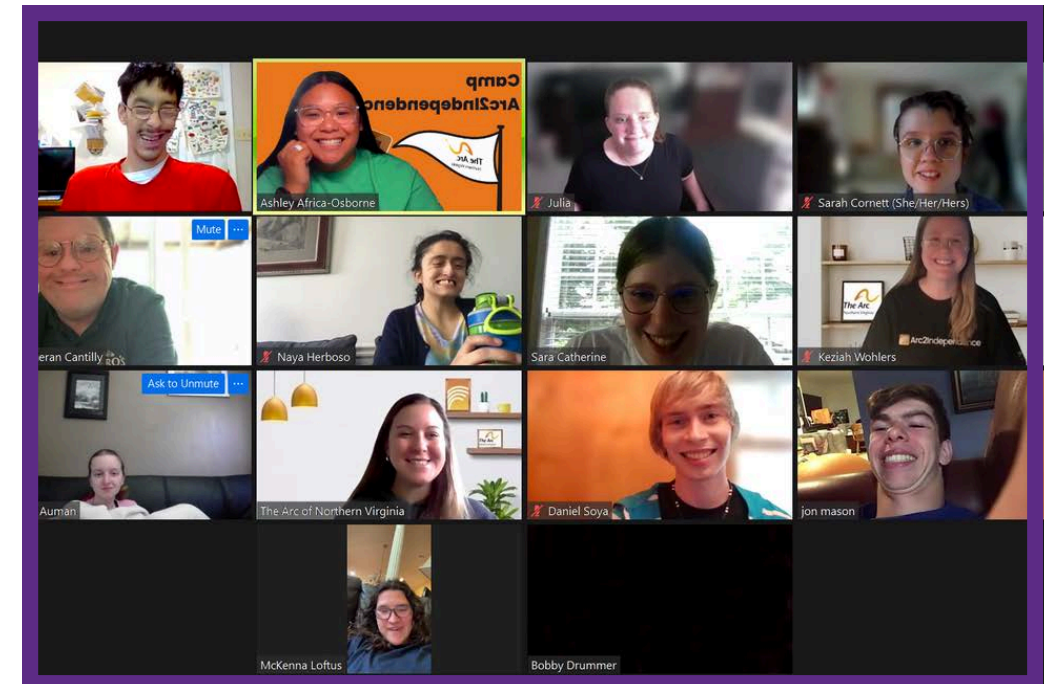
**Attendees are welcome to submit their questions prior to the webinar for our presenters to answer!**



# Camp

# Arc2Independence

- **Participants can have fun, socialize, and learn independent living skills, all while using the app Arc2Independence.**
- **The camp will provide direct access and training on the app and a catalog of virtual lessons that help with transportation, employment, safety, and daily living skills.**



**In-person Camp**  
**July 29 – August 2**  
**August 12 – August 16**  
**\$35.00**

**(The in-person camp will be at The Arc of Northern Virginia Office)**

# TECH FOR INDEPENDENT LIVING TEAM

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**Ashley Africa**  
Community  
Outreach & Client  
Engagement  
Specialist



**Ashley Schalick**  
Senior Program  
Specialist



**Keziah Wohlers**  
Program  
Specialist



**Sarah  
Cornett**  
Program  
Assistant



**Claire  
McTiernan**  
Program  
Assistant



**Daniel Soya**  
Program  
Assistant

# HOW CAN YOU ACCESS ARC2INDEPENDENCE?

## First Step to Get Started

Email us

[techforindependence@thearcofnova.org](mailto:techforindependence@thearcofnova.org)

## Registration & Intake

We will send you a registration form & schedule an intake meeting.

## The Set Up

We will build lessons/assign lessons.

## Sending Access & Training

We will share login information and QR code to download the app.

## Continued Support

Our team is here for you and supporting app use.

