



RCM of Washington presents *'Neighborhood Networking'*

Something Old, Something New!

Our philosophy for supporting participants in our **'Neighborhood Networking'** program is based upon Nobel Prize winner **Amartya Sen's Capability Approach**, which states...

"A person's capability to live a good life is defined in the terms of a set of valuable 'beings and doings', like being in good health or having loving relationships with others, to which they have real access."

Our philosophy represents the outcomes we produce. We know this much, "Normal" is subjective. The people strolling through Eastern Market on a Sunday afternoon, catching a movie at the Majestic, or eating dim sum at some little restaurant in Chinatown, all have some version of it. "Normal" people have a peer group that extends beyond their front porch and have schedules that are flexible enough to have impromptu plans.

Not only is it our job to empower people to engage in activities that are currently meaningful to them, but we also operate under the idea 'you don't know if you like something unless you try it'. It's our job to recruit a great variety of opportunities to offer to our participants. **We encourage those we support to live their best life, full of the new and exciting or time-tested and true!**



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Neighborhood Networking

with RCM of Washington's Individualized Day Supports

Person-Centered Activity Plans

At RCM of Washington we believe in the principles of Person-Centered Planning. After a series of interactive discovery assessments, activity plans are customized to match each person's needs and wants.

Flexible Services

People's lives should be full of meaning all the time, and not just during business hours, therefore we provide a customized experience during weekdays and weekends, and offer traditional or untraditional hours.

Whether you opt for a concert at the 9:30 Club, or early morning Bikram yoga, we are here to support you!

Matching for Success

Through a series of matching activities, RCM guarantees to find you support staff that compliment your life plans and empower you to succeed!

Community Partnerships

RCM values creating partnerships with local community and government agencies to identify existing resources and natural supports in order to secure opportunities for those participating in our programs.

Some of the techniques RCM employs to capture a well-rounded representation of available community resources include networking, community mapping, and building upon existing relationships with partnered agencies.

Whether our participants are delivering meals to the homebound with Food & Friends, or sorting donations at Martha's Table, we believe in making a difference in our community daily!

Sample Schedule		
	Monday	Wednesday
10:00 AM	Chess & Bagels in Dupont Circle	Stock produce at Giant
12:00 PM	Boxing @ fitness club	
2:00 PM	Lunch with boxing buddies	Keyboarding class at UDC
4:00 PM	Book Club @ MLK Library	Pick up crabs at fish market
6:00 PM	Cook dinner at home with family	Invite friends for a crab boil
8:00 PM+	Jazz @ HR-57	

