



The Community Association for Rehabilitation, Inc. (C•A•R)

C•A•R

C•A•R supports and promotes the achievements of people with developmental and other disabilities so they can continue to be valued members of the community. C•A•R offers services to infants, children, and adults with developmental disabilities and their families. C•A•R's services include the Infant Development Program, Respite Services, Creative Recreation, L.E.A.R.N., Independent Living Services, Employment Services, and the Betty Wright Swim Center @ C•A•R.

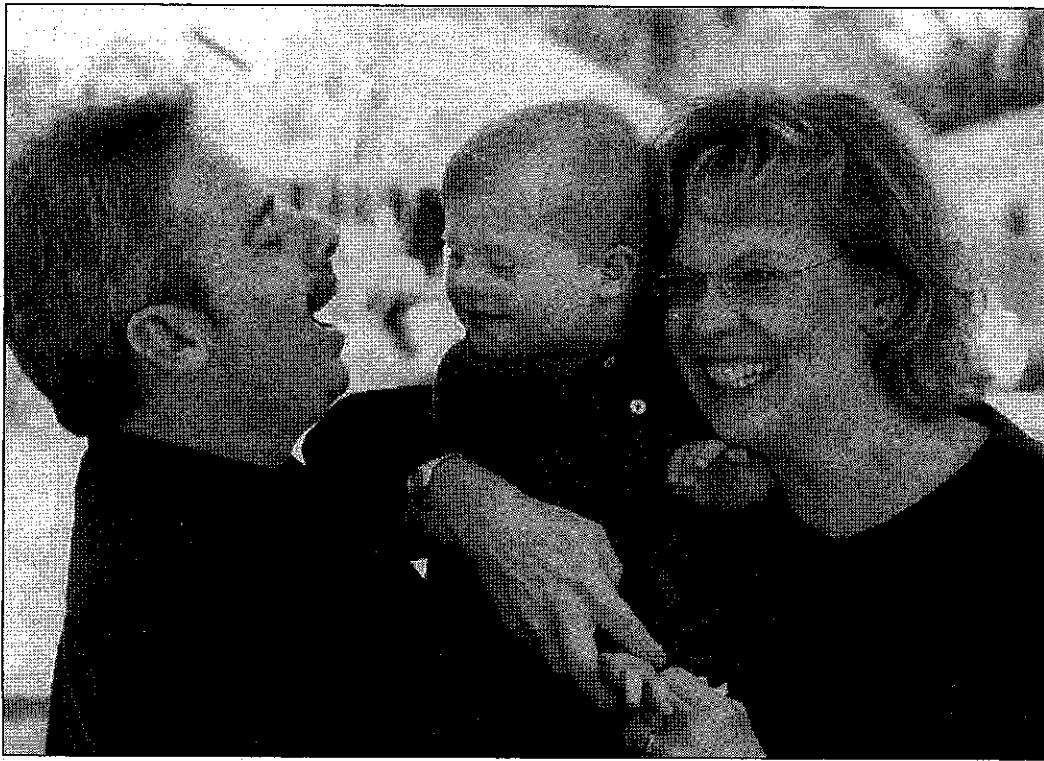
- Through this range of lifetime services, C•A•R:
- Reduces and prevents developmental delays
- Supports families and caregivers
- Teaches community living skills
- Provides job placement and support
- Educates the community
 - Creates community partnerships
 - Enables people with developmental disabilities to continue to be valued members of the community

C•A•R

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Betty Wright Swim Center @ C•A•R

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40 Years of Discovering the Abilities in Disabilities

The roots of C•A•R go back to a tiny nursery school at a Palo Alto home and a backyard pool of another. During the 1950's, parents of children with developmental disabilities realized the need for community services to support their efforts to raise their children at home. In 1963, they formed C•A•R to promote education and training for their children, to advocate for services, and to educate the public. Over the past four decades, C•A•R has grown from a few scattered efforts by a handful of determined parents to a strong, innovative professional agency. Despite recurring financial problems, it never wavered in its commitment to excellence in meeting the needs of people with developmental and other disabilities and educating the community about their needs.

C•A•R now offers seven diverse programs serving over 2,000 clients and their families each year. These programs enable C•A•R to provide a lifetime of services to an individual.

For instance Paul Benjamin, a 40-year-old Belmont man, started at the C•A•R Infant Program when he was two years old. He also learned to swim at the Betty Wright Swim Center @ C•A•R. As a school age boy, he participated in the after-school Creative Recreation Program. Now as an adult, Paul is employed through the C•A•R Employment Services program on a janitorial team and lives independently in his Belmont apartment. Paul continues to swim at the Betty Wright Swim Center and enjoys swimming for recreation and competition in the Special Olympics. If Paul is ever in need of an adult day program, he can use the C•A•R LEARN Program. Should he ever need in-home care, he can turn to the Respite Program for a home companion.

"I've been with C•A•R since I rocked the crib. Now I'm out here, living on my own. C•A•R has helped me be who I am."

One of C•A•R's primary objectives is to provide work, recreational, educational, and social opportunities for people with developmental disabilities to fully participate in our community. But there are many things that community members themselves can do:

- Talk directly to people with disabilities (not just their family or friends who may be with them).
 - Consider hiring people with disabilities.
 - Teach your children! Be honest when they ask about people who are different—explain that everyone is different. Focus on similarities. Reassure them that holding hands, hugging, or sharing toys is OK, because disabilities are not contagious.
 - Neither ignore nor pay too much attention to someone who has a disability.
 - Never pretend the person isn't there.
 - Be aware of legislation on issues such as housing, health care, employment, and public transportation that can affect the lives of people with developmental disabilities. Make your voice heard by your elected officials!
 - Meet people who have a disability. Visit an organization in your community that provides services to people with disabilities.
 - REACH OUT! Volunteer! You can become a board member, work on special events, or spend a few hours a month helping in a variety of capacities at any number of agencies serving people with developmental disabilities.
- We welcome the community to come to visit the C•A•R facilities to see exactly how people benefit from the services provided. Tours are held each Wednesday morning or by appointment. Come see how C•A•R discovers the abilities in disabilities.

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