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### **Improved Social Connection for Maryland Children with Disabilities**

Rockville, MD, March 19, 2021— Community Options, Inc. was awarded a grant from the Maryland Developmental Disabilities Council and The Arc Maryland to bring technology and fitness programming to children with disabilities.

The grant will allow Community Options, Inc. to purchase iPads and monthly subscriptions for an interactive fitness program for people with and without disabilities.

“Prior to receiving services from us, many of the children we support spent years living in institutional settings,” explains Aaron Atkinson, Community Options’ State Director in Maryland. “Programs like this enable them to safely remain in small, community-based homes while improving their well-being. This grant will enable us to enhance the quality of their life through the use of technology.”

Eight high-school aged girls with intellectual and developmental disabilities will connect and engage with peers and community members through group fitness classes like yoga, meditation, mindfulness, Zumba, and boxing. We expect that this technology will decrease loneliness, anxiety, and stress for these vulnerable youth.

Community Options provides services for children and adults with disabilities in the Rockville region. The organization supports over 4,000 people through housing, employment, and day habilitation programs.

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#### About Community Options, Inc.:

For over 30 years, Community Options has developed housing and employment supports for people with disabilities – serving thousands of people from over 50 offices across 10 states. Community Options provides advocacy assistance to empower people with disabilities because all people – regardless of ability level – should live and work in the community with dignity, choice and self-determination. For more information, please visit our website: [www.comop.org](http://www.comop.org) and to follow along with the #AllItTakes campaign, search #AllItTakes on Facebook, Twitter and Instagram.