



Family Guide

Real Support. Real Community. Real Possibilities.

#InCommunityTogether

2025



We Are Ardmore

At Ardmore, we believe that every person deserves the opportunity to live a fulfilling and independent life. For over 60 years, we have been a dedicated provider of support services for adults with intellectual and developmental disabilities (IDD) in Prince George's & Montgomery County, Maryland. Our goal is to empower people to make choices that lead to meaningful, self-determined lives within their communities.

Every journey is unique, and families are powerful partners in driving the success and well-being of their loved ones. That's why we work hand-in-hand with families, caregivers, and community partners to create strong, inclusive support systems. Whether you're just beginning to explore options or seeking more tailored services, Ardmore is here to help guide you every step of the way.

Our Mission

At Ardmore, our mission is to empower people with intellectual and developmental disabilities, but the real magic is in how we do it. We create inclusive communities, champion choice, and walk alongside the people we support as they shape meaningful lives. Through strong partnerships, respectful advocacy, and a deep belief in what's possible, we help ensure everyone has the chance to participate fully and thrive.

Core Values

Person-Centered Support

Every person's needs, goals, and dreams are at the center of what we do.

Inclusion & Diversity

At Ardmore, belonging means being valued, empowered, and connected—fully included and fully seen.

Respect & Dignity

We believe that everyone deserves respect, and we honor the uniqueness of every person.

Collaboration & Community

Together, we create opportunities and build a strong network of support.

Excellence & Innovation

We continuously improve and adapt to provide the highest quality of service.



How Ardmore Supports Families



Family is a vital part of a person's social and emotional circle. That's why we're committed to building strong partnerships with families—offering trusted guidance, meaningful resources, and ongoing support as we work together to empower the people we support.

Collaborative Support Planning

You know your family member best—and that insight is essential. We actively involve parents, guardians, and caregivers in the person-centered planning process to ensure every perspective is heard as every voice is needed to ensure the best support.

Transparent Communication

Open and honest communication is key. We provide regular updates, encourage feedback, and are always available to discuss progress, changes, or any challenges that arise.

Educational Resources & Support

Navigating the service system can be overwhelming. We provide families with tools and resources to understand service options, state systems, and how to advocate effectively for their loved one.

Advocacy & Empowerment

We empower families to use their voices in advocacy efforts that protect and expand services for people with IDD. Our team shares updates on policy changes and encourages family participation in local and state advocacy.

Ardmore Services

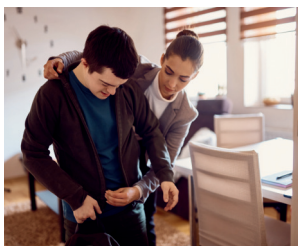
We provide a variety of services designed to support people in achieving their personal and professional goals.



COMMUNITY LIVING SERVICES

Through Ardmore's Community Living Services, people live in homes of their choosing, with the right supports in place to live life on their terms. Whether in a private apartment or shared housing, people direct their routines, build skills, manage their health and finances, and fully engage in community life—with a dedicated team ready to support their goals.

The goal is to create a safe, stable, and personalized environment that fosters independence and self-determination.



SUPPORTED LIVING

Supported Living is designed for people who live independently but benefit from routine, reliable assistance to manage everyday responsibilities and maintain stability. We tailor our support to each person's unique lifestyle and goals.

Our goal is to help each person thrive in the environment they call home—whether that's an apartment, shared housing, or a home of their own. We provide consistency, respect individual choices, and adapt our support as needs evolve over time.



Ardmore Services

We provide a variety of services designed to support people in achieving their personal and professional goals.



MEANINGFUL DAY SERVICES

Our Meaningful Day programs offer personalized, engaging experiences for people looking to grow their skills, discover new interests, and stay connected with their communities.



Whether someone is looking to explore career paths, deepen social connections, or simply experience the joy of community participation, Ardmore's Meaningful Day Services provide a welcoming, dynamic foundation for growth.



CUSTOMIZED EMPLOYMENT

Ardmore's Employment Services are built around each person's strengths, interests, and goals. Using the Customized Employment approach, we partner with people who are entering or reentering the workforce to identify meaningful and sustainable job opportunities.



Our team works alongside each job seeker to design a process that fits them—opening the door to careers that reflect their talents and aspirations.



Ardmore Services

We provide a variety of services designed to support people in achieving their personal and professional goals.



PERSONAL SUPPORTS

Personal Supports are individualized services designed to assist people with daily activities in a way that promotes dignity, independence, and community involvement. These supports are delivered one-on-one in the person's home or in the community, with services scheduled around their needs and preferences.

Whether it's help with grooming, preparing meals, shopping, organizing their space, or navigating local resources, our team builds relationships based on trust and respect.



HOUSING SUPPORTS

Safe, stable, and affordable housing is a foundation for independence—and everyone deserves a home that reflects their goals and lifestyle. Ardmore partners with people to navigate housing options that align with their vision for the future.

Whether moving into a first apartment or transitioning from a family home, we ensure housing is more than just a place to live—it's a place to grow, belong, and thrive.



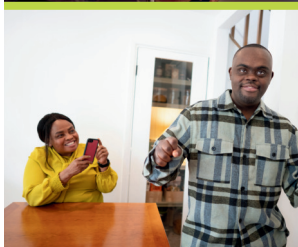
Ardmore Services

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RESPITE SERVICES

As a family member, providing support can be a deeply meaningful experience, but it's okay to take time to recharge. Ardmore's Respite Services provide families and caregivers with planned, short-term support that fits their needs and routines.



Whether at home or in the community, people receive high-quality care in a setting that works best for them, giving everyone space to rest and reconnect.



TRANSITIONAL YOUTH SERVICES

The transition into adulthood is full of possibilities—but it can also bring uncertainty. Ardmore's Transitional Services support people ages 18–24 as they navigate this important stage, offering structured, individualized pathways to greater independence.



We collaborate with families, schools, and support teams to build life and employment skills, explore education and training opportunities, and connect with meaningful experiences in the community.

Person-Centered Planning at Ardmore

At Ardmore, we follow a **Person-Centered Planning** approach. This means we focus on a person's unique goals, aspirations, and preferences when developing support plans.

How It Works

Discovery

We learn about the person's strengths, dreams, and needs through conversations, observation, and input from those who know them best.

Planning

We collaborate with the person and their support network to set clear, achievable goals and outline the steps needed to reach them.

Implementation

We provide personalized support and services that help the person take steps toward their goals. Whether it's finding employment, building daily living skills, or getting involved in the community.

Discovery

We regularly review progress and check in with the person and their team. Plans are flexible and can be adjusted to reflect changes, growth, or new aspirations.



Together, We Thrive



Families are not just supporters—they are essential pieces of the puzzle. This journey is one we build together, and when each piece is in place, something truly whole and powerful emerges.



Why It Matters:

When every piece is in place, your loved one is empowered to grow, engage, and lead a life full of purpose.

Together, we help build something that is stronger than any of us alone. **Together, we truly thrive.**



Getting Started with Ardmore

Interested in Ardmore's Services? Start by reaching out to our team. We'll guide you through the process, answer your questions, and help identify the right supports for you or your loved one.

From the initial conversation, we'll listen to your goals, explain available services, and guide you through the intake steps. **Our goal is to make the experience simple, supportive, and personalized.**

Scan the QR Codes below to learn more about how Ardmore can support you and your family.



grow@ardmoreenterprises.org



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Visit Us

4300 Forbes Blvd. Suite 110
Lanham, MD 20706

Office Hours: Monday–Friday, [8:30AM–5PM]

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