

MAIN STREET: A MOVEMENT OF INCLUSION

Creating High Quality of Life for Those with Neurological Differences



MAINSTREETCONNECT.ORG

WHAT IS MAIN STREET?



LIVING

70-unit affordable apartment building in Rockville, MD, with 25% of the units set aside for adults with disabilities



COMMUNITY

Community center and cafe with weekly programs for residents and non-residents who join as members



EDUCATION & ADVOCACY

A movement of inclusion promoting communities where people of all abilities find a sense of belonging

MAIN STREET BY THE NUMBERS

153

RESIDENTS OF ALL ABILITIES



81%

OF MEMBERS LIVE OUTSIDE OF THE BUILDING

265



RESIDENT AND NON-RESIDENT MEMBERS

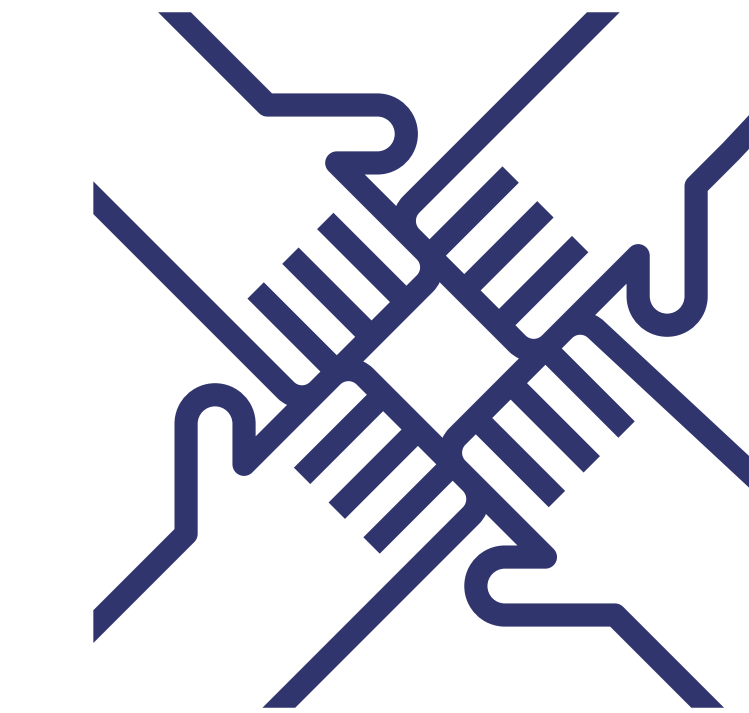


93%

OF MEMBERS FEEL MORE CONNECTED TO OTHERS

125+

COMMUNITY PARTNERS



4

years in operation

1st

INCLUSIVE, AFFORDABLE, ACCESSIBLE MODEL OF HOUSING AND COMMUNITY IN THE U.S.

Up to 12 weekly programs



- Health & Wellness
- Art & Culture
- Educational
- Social

17

staff of all abilities in our community center and cafe

UMD RESEARCH STUDY ON RESIDENT OUTCOMES



SHOWED STATISTICALLY SIGNIFICANT IMPROVEMENT IN:

- ↑ Quality of Life
- ↑ Psychological Well-being
- ↑ Community Satisfaction

DATA-DRIVEN CURRICULA TO EMPOWER ADULTS WITH DISABILITIES



- Social skills
- Dating and relationships
- Coping skills
- Physical health
- Transitioning to independent living

"MAIN STREET IS NOT JUST ABOUT BEING. IT'S ABOUT BELONGING."

