A day in the life...

Michael Farren likes to stay busy. The West Roxbury native has a number of hobbies and interests that keep him occupied. He works five days per week on the custodial crew at the offices of The Arc of South Norfolk and Lifeworks, Inc., ensuring a clean environment for the employees, guests, and individuals that attend the day habilitation program. He is an active participant in The Arc’s basketball and softball programs, and a regular attendee of the annual sports banquet. He watches the Patriots and Red Sox with his family, and occasionally attends games with his father. He spends downtime listening to Irish music on the weekends, and enjoys taking a family vacation to Florida each winter.

Michael lives at home with his parents and sister, and values his close relationships with his family. He watches television...
with his mother after he gets home from work. He receives encouragement from his sister to follow a healthy diet. He takes rides with his father to Cape Cod and other destinations.

Michael has been a member of The Arc’s Adult Family Care (AFC) program since 2014. His father, Joe, has served as his AFC caregiver throughout that time. The AFC program allows Michael to live at home with his family and continue to be involved in his community, while receiving assistance from his father to complete his activities of daily living. A case manager or nurse from the AFC program visits the Farrens every month to ensure they have the information and support that they need.

Roger Parks has served as Michael’s AFC case manager for over four years. He values the professional relationship he has developed with the Farrens over time, and recognizes the impact that AFC makes on the lives of individuals and their families.

“AFC is a fantastic option for those who qualify,” Parks says. “It allows individuals to remain in their homes with those who care about them most, while simultaneously receiving the support they need to lead their daily lives with dignity.”

Caregivers receive compensation for the services they perform, but that is not what matters most to Joe. “Our family has had a relationship with The Arc for years,” he says. “We’re happy that Michael is receiving this service from an agency we know and trust.”

For Michael Farren, that means maintaining the freedom to keep busy without interruption.

- The Arc of South Norfolk Mission Statement -

Committed to providing exceptional supports to people with developmental disabilities, including autism, through collaboration, advocacy and empowerment.