

# Tri-Development Center's Volunteer and Friendship Opportunities

*Improving the quality of life of people with autism, head and spinal cord injuries, and intellectual and related disabilities and in preventing disabilities does not take special training or an advanced degree. The following are but a few of the endless ways you can get involved as a volunteer to assist us in accomplishing our mission:*



## **INCREASING OPPORTUNITIES FOR RECREATION AND THE SOCIAL INCLUSION OF PEOPLE WITH DISABILITIES BY:**

Holding a joint cookout or dance for the members of your group and the people with disabilities we serve



Developing opportunities for people with disabilities to volunteer their time working on community projects

Finding ways for people with disabilities to actively participate in different roles in a variety of church or social organization activities

Helping people with disabilities be involved in recreational activities such as bowling, softball, and fishing

Helping develop and implement a summer camping program for a group of children or adults with disabilities

**BEING A SPECIAL FRIEND TO SOMEONE WITH A DISABILITY WHO HAS VERY LITTLE IN THE WAY OF A FRIENDSHIP SUPPORT SYSTEM:**

Visiting a person with a disability in the community residence in which he/she lives

Taking someone shopping

Taking someone fishing or to a ballgame

Remembering your friend on birthdays, holidays, and other special occasions through phone calls, cards, gifts, etc.

Taking them out to eat, to the movies, etc.

Helping someone develop a hobby (stamp collecting, baseball cards, figurines, etc.)

Providing transportation to church and including people with disabilities in church activities



**PROVIDING DIRECT ASSISTANCE TO PEOPLE WITH DISABILITIES IN GROUP HOMES AND OTHER CONGREGATE SETTINGS BY:**

Assisting in any of a variety of residential settings for people with disabilities by helping to keep them actively occupied by talking to them, playing games, going on walks, helping them organize and decorate their rooms, etc.

Helping children with disabilities in summer services programs

Providing one-on-one assistance to an individual in a sheltered workshop

Serving as a volunteer job coach

Helping on an enclave or mobile work crew made up of consumers with disabilities who are being trained to perform such tasks as housekeeping, janitorial services, and grounds maintenance





Helping with or heading up a special craft project

**CREATING IMPROVED PHYSICAL ENVIRONMENTS BY PERFORMING TASKS SUCH AS:**

Painting

Landscaping

**ASSISTING WITH THE DEVELOPMENT AND GUIDANCE OF SELF-ADVOCACY GROUPS FOR PEOPLE WITH DISABILITIES**

**PROVIDING COMPUTER/CLERICAL AND OTHER SUPPORT SERVICES SO THAT FINANCIAL RESOURCES CAN BE UTILIZED FOR THE PROVISION OF DIRECT SERVICES:**

Word processing, photocopying, and filing

Photographing activities

Computer instruction and/or maintenance



**ASSISTING US IN SECURING INCREASED FINANCIAL RESOURCES FOR THE PROVISION OF SERVICES BY:**

Holding fundraisers or helping to make existing fundraisers more successful

Grant writing

Making the needs of those we serve known to local and state government leaders

Holding fundraisers or helping to make existing fundraisers more



successful



*For More Information Please Contact:*

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