

My Volunteer Experiences

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Autism Society of America

Central Virginia Chapter

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Overview of Presentation:

Creating positive volunteer opportunities can be done successfully. This presentation will focus on my experience as a person with different abilities, with three different organizations in the community. It has been rewarding for me, the organizations and the community as a whole. The following approaches have work for me and will be highlighted in this presentation:

- Clear Expectations
- Visual Schedules
- Positive Behavioral Supports
- Support Person

Clear Expectations

Having clear expectations continues to be the most important thing for me.

I used the forms found in your packet at the American Cancer Society (ACS)

These forms are :

- Community Service Contract
- Service Responsibility Plan

Note: These are the forms I used at ACS. The expectation for FLAG and other organizations are very different .



Visual Schedules

What is a Visual Schedules - it helps me to understand what work needs to be completed for the day.

Visual Schedules - should be individualized to meet the needs of both the volunteer and the organization.

The type of visual schedule may vary from:

- use of picture only,
- words only,
- combination of pictures and words
- or an example of completed task.

Tim Moore

Community Service

American Cancer Society

Mrs. Ellie Coyne

DAILY GOALS

Write goals for the day in the spaces provided. Put a check in the box when you finish the goal.

Date

- | | | |
|--------------------------|----|-------|
| <input type="checkbox"/> | 1. | _____ |
| <input type="checkbox"/> | 2. | _____ |
| <input type="checkbox"/> | 3. | _____ |
| <input type="checkbox"/> | 4. | _____ |
| <input type="checkbox"/> | 5. | _____ |
| <input type="checkbox"/> | 6. | _____ |

Positive Behavioral Supports

I need to have Positive Behavioral Support Plan in place that is individualized for me.

Things that we need to be aware of:

- Task difficulty
- Environment (noise level, temperature)
- Stress level
- Time of day

Supports that I can use:

- Getting assistance with the task, revising or changing task.
- Changing the work environment (quite, temperature control)
- Taking a break – water, snack, bathroom.
- Calling it a day

Support Person

It is important for me to have a support person who:

- understands what their role is
- values me as a person
- and has knowledge of the particular volunteer work site.

This includes understanding the meaning of :

- Clear Expectations
- Visual Schedules
- Positive Behavioral Supports

Other factors:

- Proper training of my support person is key to me being successful.
- Having the same support person on a consistent basis is very helpful.
- Regularly scheduled communication between me, my support person, my parent and site supervisor is a must.

Positive Volunteer Opportunities

American Cancer Society

September 2002 - Present

Autism Society of America – Central Virginia Chapter

September 2001 - Present

For the Love of Animals in Goochland (F.L.A. G.)

January 2003 - Present

Youth Leadership Forum (YLF) Alumni Association

January 2003 – Present

American Cancer Society



- Me and Ellie, my site supervisor, at The American Cancer Society warehouse in Glen Allen, Virginia

Responsibilities

- My responsibilities at the American Cancer Society(ACS) include:
 - Producing packets for ACS activities
 - Folding T-shirts
 - Helping at ACS weekend run/walk and other awareness events.



Autism Society of America Central Virginia Chapter

September 2001 – Present

My Responsibilities include:

- Helping at the monthly meeting to box up and put away library books.
- Helping with putting together bags for annual Lobby Day.
- Helping with anything else that I was asked to do (setting up and putting away tables and chairs).

F.L.A.G.

(For the Love of Animals in Goochland)



- F.L.A.G. is a non-profit group that finds good homes for abandoned pets.
- I have been volunteering at F.L.A.G. since January 2003

Responsibilities

- I volunteer once a week at F.L.A.G.
- My responsibilities include:
 - Cleaning the kennels
 - Watering, feeding and petting the dogs



More Dogs!



- At F.L.A.G. with Grace, my support person.
- We enjoy working with the animals.

Other Volunteer Opportunities

- With help from my father and Jason, my support person, we constructed a six foot Pink Ribbon for Breast Cancer Awareness.
- I volunteered for the “Making Strides Against Breast Cancer Walk” held Richmond, Virginia in October 2002, 2003, 2004 as a Course Marshal .



More Opportunities!!!



- On Saturday, January 22, 2005, I volunteered to be Polyp Man at the Colossal Colon exhibit held at The Science Museum of Virginia in Richmond.

Questions?

Do you have any questions for me?

To contact me via e-mail:

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Thank you for attending my presentation!