

Take a moment to connect

ihc
IN YOUR COMMUNITY

Skill-based information sheet for volunteers

Volunteers supporting people with intellectual disabilities to achieve a goal

What is volunteering with IHC?

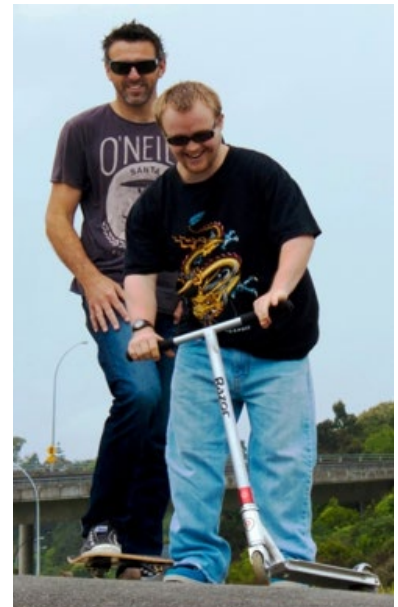
Skill based volunteering is about developing a friendship and providing support to learn a new skill.

How does it work?

We'll pair you up with someone who has similar interests then develop a plan to help the person you are supporting achieve their goal. You will meet with them regularly and hopefully have a few laughs at the same time!

The relationship is one-to-one. This means that you spend time with only one person, so you both get to know each other and are able to develop a working relationship.

You will be provided with full orientation, relevant training and ongoing support from the Volunteer Coordinator.



Why one-to-one?

Because learning one-to-one works well. Group activities can sometimes be the only option available to a person with intellectual disabilities and we've found that some people work best one-to-one. We've also found that volunteers each have their own unique approach and set of skills that they bring.

Who can volunteer?

We welcome applicants from 17 years of age and from all walks of life. People with intellectual disabilities have diverse interests and backgrounds so the more varied volunteers we have, the easier it is to match people up. We are looking for people who have a genuine interest in helping another achieve their goals and dreams. For more information or to apply please contact: