



## One-for-One

### **VOLUNTEER Q & A:**

Thank you for your interest in becoming a ONE-for-ONE volunteer. Please review the FAQs below.

#### **Q: Are you the person we are looking for?**

A: The people who volunteer for this program are men and women 18 years of age and older residing in the tri-state area (NY, NJ, and CT) from diverse ethnic and occupational backgrounds. What they have in common is a desire to spend time with people with intellectual and developmental disabilities. What we look for in prospective volunteers are personal traits and interests. People who volunteer for this program are reliable and responsible. They have patience, empathy, and resilience. We ask that you commit to visiting at least **once a month** with a person with intellectual and developmental disabilities **for at least 1 year**.

#### **Q: What does a volunteer do?**

A: A volunteer is someone who provides a person with intellectual and developmental disabilities support, friendship, and positive examples of community engagement. Our volunteers are good listeners, caring people, and people who would like to share time and guidance.

#### **Q: How do I become involved?**

A: GETTING STARTED IS EASY...

##### *Apply.*

Fill out an application!

Your application will be reviewed by a member of our staff and, if it matches the needs of one of the people currently awaiting a ONE-for-ONE partner, you will be contacted with an invitation to attend a volunteer orientation.

##### *Get Trained.*

All volunteers will attend a **6-7 hour training/orientation** session. At the volunteer orientation you will learn about our organization, ask questions, and decide whether volunteering at ONE-for-ONE is a good fit for you. Training is also a fun way to meet other volunteers and learn valuable tips to help further enhance your match. In addition, there will be a short interview to allow us to learn more about you so we may better match you with someone who shares similar interests.

##### *Get screened.*

Because you'll be working with a person with intellectual and developmental disabilities in a one-for-one setting, it's very important to create a safe environment for both of you. Our screening process is very

thorough and includes a background check (paid for by our organization). At the beginning of the Orientation, you will be asked to fill out paperwork which will allow us to begin your background check (all this information will be kept confidential). We will also be contacting 2 references that you will be asked to provide on the application.

#### *Get Matched.*

You will then be matched with someone who will best fit your preferences and personality. Your initial meeting is called a Match Meeting where you'll have the opportunity to meet with your AHRC partner and your Volunteer Manager. During this time you'll have the opportunity to discuss the guidelines for the match and plan your first outing together. After the Match Meeting you are officially matched and ready to organize a plan with each other. If you have any concerns along the way your Volunteer Manager will be happy to help you with advice. We ask that you fill out a very brief online form each time you meet with your partner so we can document where you went, how you arrived, etc...

#### **Q: How much time does this require?**

A: We ask you to share 1 outing a month for a period of at least one year.

#### **Q: How do I come up with activities?**

A: Activities can include going to concerts, running errands (going to the bank or supermarket, doing laundry, walking the dog, etc...), volunteering together at another organization, enjoying a meal, or simply spending time outdoors. Be creative and be sure to look at our comprehensive list of FREE events and activities.

#### **Q: How much will this cost?**

A: Being a volunteer is free. The cost of activities you choose with your partner is up to both of you. Keep in mind that each of you is expected to pay for yourselves. We suggest that you keep activities low or no cost in order to focus more on building your relationship and not so much on how much you're spending. It costs very little money to have a meaningful couple of hours with someone.

#### **Q: Who are the AHRC residents with whom you'll be paired?**

A. You will be paired with a person with intellectual and developmental disabilities who is looking to form a meaningful, long-term relationship with someone from his or her local community.