



## Volunteer Opportunities at The Arc in Jefferson County

Our members often ask what they can do to assist The Arc in Jefferson County meet its mission. The answer that comes to mind is to become involved as a volunteer. Please review the following options and check the ones where you can help.

*Prepare a meal* for a Mobilizing Families training

*Provide transportation* to medical or other appointments

*Provide a meal* for someone in need

*Mentor an individual* with a developmental disability

*Mentor a family*

*Partner with a family* to provide 1) organization, 2) cleaning, 3) painting or other household management tasks (list which one: \_\_\_\_\_)

*Partner with an individual* to provide 1) organization, 2) cleaning, 3) painting or other household management tasks (list which one: \_\_\_\_\_)

*Provide shopping* assistance

*Provide home repair/handyman* assistance

*Provide assistance* during “emergency” situations, e.g. blizzard, flooding, eviction

*Provide office assistance* at The Arc in Jefferson County offices

*Make “reminder” telephone calls* for various meetings and other functions

*Share an interest*, e.g. activity or hobby, with an individual \_\_\_\_\_

*Share an interest*, e.g. activity or hobby, as a class \_\_\_\_\_

*Take “membership” materials* to your child’s school for distribution

Provide **Specialized** Support in one of the following areas:

- Legal help
- Social Security or SSI
- IEP preparation or attendance at meetings
- Translators for (Spanish, Russian, \_\_\_\_\_, or Sign)
- Computer set-up, maintenance or troubleshooting

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Best time to call \_\_\_\_\_

Return to: *The Arc in Jefferson County, 8725 W. 14<sup>th</sup> Ave. Suite 100, Lakewood, CO 80215*