

Possible Community Activities For Individual Work/ Community Service

Advertise in the paper to do small jobs for others (grocery shop, Christmas shopping, pick up dry cleaning, walk small dogs, etc.)

Type of work	Motivators	Individual's activity & opportunities to practice skills
<ul style="list-style-type: none"> • deliver mail for Day Program or Group Home - mail newsletters 	<ul style="list-style-type: none"> • traveling outdoors 	<ul style="list-style-type: none"> • use voice output ask for stamps • greet people along the way
<ul style="list-style-type: none"> • Fish Tanks & Pet Stores 	<ul style="list-style-type: none"> • being with others; traveling; birds, pets, dogs, etc. 	<ul style="list-style-type: none"> • feed fish hand over hand • greet others
<ul style="list-style-type: none"> • Java On Main - CJ's; The Lodge Café; MA's Coffee; etc. 	<ul style="list-style-type: none"> • being with others, traveling; weird sounds 	<ul style="list-style-type: none"> • use switch and Powerlink to grind coffee for staff; use voice output to ask what kind of coffee people would like
<ul style="list-style-type: none"> • Building willow furniture with family 	<ul style="list-style-type: none"> • dad, being with people, outdoors 	<ul style="list-style-type: none"> • choice making which twigs to use next • use switch to play music while mom works on furniture • use switch to run fan to cool mom on hot days
<ul style="list-style-type: none"> • Provide visits for various people identified by Individual's local church 	<ul style="list-style-type: none"> • being with others; traveling; men's voices; humour; music 	<ul style="list-style-type: none"> • Provide music to listen to • shop for groceries for others • pick up or deliver laundry for others • tell jokes to folks when visiting using voice output
<ul style="list-style-type: none"> • 4 H club - help with animals? • Pet store - help with animals? • Local Riding Club For Disabled? 	<ul style="list-style-type: none"> • pets, birds, dogs 	<ul style="list-style-type: none"> • brushing short haired animals (hand over hand) • helping to feed animals (hand under hand) • help walk animals (attach leash to wheelchair) • help feed and groom horses (hand over hand)
<ul style="list-style-type: none"> • Local Hospital Auxiliary - help make crafts to sell - help make muffins or cookies to sell 	<ul style="list-style-type: none"> • weird sound effects (running a blender); being with others 	<ul style="list-style-type: none"> • help make smoothies to sell at bazaars • make button cards from recycled paper to sell at bazaars (use blender with water for recycled paper) • help make cookies or cakes to sell at bazaars
<ul style="list-style-type: none"> • Welcome Wagon - greet new neighbours 	<ul style="list-style-type: none"> • being with others, traveling, humour 	<ul style="list-style-type: none"> • sort and make up welcome baskets for folks • purchase items for the baskets at the store • use voice output to greet new people & share a joke
<ul style="list-style-type: none"> • Playschool • Local Pre-School • Local Childcare • Local Day Care 	<ul style="list-style-type: none"> • music, being with others, physical contact, humour 	<ul style="list-style-type: none"> • play videos and music for children • read story books with tapes to children and engage in questions with voice output device • wrestle with children on the floor for play time • give a riddle or joke to kids with voice output
<ul style="list-style-type: none"> • Thrift Shops - Salvation Army; Hudson's Hope Thrift Shop; Tumbler Ridge Thrift Store 	<ul style="list-style-type: none"> • being with others; men's voices; traveling; humour 	<ul style="list-style-type: none"> • tell jokes to people at store and direct them to sales • put away new items on the shelf (hand over hand)
<ul style="list-style-type: none"> • Happy Trails RV 	<ul style="list-style-type: none"> • traveling, outdoors, being with others, silliness, weird sounds 	<ul style="list-style-type: none"> • use hose (hand over hand) to help wash down the RV's

Leisure

Type of activity	Motivators	Individual's activity & opportunities to practice skills
<ul style="list-style-type: none"> Recreation Pool - swimming - indoor walking class 	<ul style="list-style-type: none"> hot tubs, warm baths; being with others; traveling 	<ul style="list-style-type: none"> choice making; use swim activity board; voice output to greet people exercise with swimming-movement activities
<ul style="list-style-type: none"> A & W, Java on Main - CJ's; Apple Betty's Buffet; Boardwalk Café; Coffee at Tim Horton's in the mall; tea at Group Home 	<ul style="list-style-type: none"> tastes; being with people; traveling 	<ul style="list-style-type: none"> make choices using concrete objects use voice output to make conversation with waitress
<ul style="list-style-type: none"> Public Library – helper, sign out books or videos 	<ul style="list-style-type: none"> picture books; library, videos 	<ul style="list-style-type: none"> place books back on shelves; help stamp or scan books; collect books and place in cart hand over hand
Massages (Day Program or Cee Jay Bodyworks, or Hannaford Elizabeth, etc.); massage chair at the Day Program or Group Home	<ul style="list-style-type: none"> physical contact; being with others; traveling 	<ul style="list-style-type: none"> greetings using voice output choices about contact ("more" massage, different scented creams, slower, softer, lighter, tickles" etc.)
<ul style="list-style-type: none"> Bowling 	<ul style="list-style-type: none"> people; weird sounds - bowling alley; music? 	<ul style="list-style-type: none"> greetings watch others & listen to music with others and talk about them using picture boards use adapted bowling ramp to participate.
<ul style="list-style-type: none"> Girl Guides of Canada Sparks, Brownies, guides, Path Finders 	<ul style="list-style-type: none"> be a guide helper with a mom 	<ul style="list-style-type: none"> assist in activities help get information out by delivering messages with voice output or deliver mail
<ul style="list-style-type: none"> Figure Skating 	<ul style="list-style-type: none"> traveling; weird sounds effects - e.g., echo in the skating rink 	<ul style="list-style-type: none"> wheelchairs can be taken onto the rink for many places - choices about fast or slow or "more" greetings
<ul style="list-style-type: none"> cooking at Group Home or Day Program 	<ul style="list-style-type: none"> being with others; weird sounds 	<ul style="list-style-type: none"> run blender or mix master with Powerlink choices about which ingredient to put in next
<ul style="list-style-type: none"> movie night at Day Program or Group Home 	<ul style="list-style-type: none"> being with other people; weird sound effects - popcorn popper 	<ul style="list-style-type: none"> communication around choices using objects e.g., which video to watch use switch & Powerlink to run Popcorn machine
<ul style="list-style-type: none"> Hair 2000 Studio; Extreme Tangerine Spa; The Hair Bin, Aristo -Cut Hair Styling; etc. 	<ul style="list-style-type: none"> physical contact; being with others; traveling 	<ul style="list-style-type: none"> make choices with objects about different products for hair (e.g., wash-out coloured streaks, mousse; different scented shampoos, etc.)
<ul style="list-style-type: none"> Manicures - see Beauty Salons and Nail Salons 	<ul style="list-style-type: none"> physical contact; being with others 	<ul style="list-style-type: none"> make choices about colours of polish make choices about different scented creams
<ul style="list-style-type: none"> Fitness Centres & Programs - Curves; Maximum Fitness Center; Pro Shape Fitness 	<ul style="list-style-type: none"> music; traveling; being with others; sound effects; physical contact 	<ul style="list-style-type: none"> listen to music (choice of music?) make choices about position (in or out of wheelchair)

Group Home or Family Home

Type of activity	Motivators	Individual's activity & opportunities to practice skills
<ul style="list-style-type: none"> • help cook supper at home once a week 	<ul style="list-style-type: none"> • being with others; weird sounds using blenders, etc. 	<ul style="list-style-type: none"> • use powerlink and switch to make supper; • choice making; • give someone else instructions for recipe using the Step by Step Communicator
<ul style="list-style-type: none"> • listen and/or dance to music 	<ul style="list-style-type: none"> • music; being with others 	<ul style="list-style-type: none"> • use switch to play music with timed feature on AbleNet Powerlink • use stroller to prolong her involvement
<ul style="list-style-type: none"> • go with mom to ballet class 	<ul style="list-style-type: none"> • being with others; music? 	<ul style="list-style-type: none"> • greetings • indicate if she wants "more" of watching the activity
<ul style="list-style-type: none"> • family music jam sessions 	<ul style="list-style-type: none"> • weird sounds (e.g., drums); music; being with others; dad 	<ul style="list-style-type: none"> • use switch to record music and play back to family or to group home when she returns • use switch attached to a chime to participate • adapted cuff to hold onto bells
<ul style="list-style-type: none"> • girl stuff with family or group home * nails, hair, etc. 	<ul style="list-style-type: none"> • being with others; physical contact 	<ul style="list-style-type: none"> • get hair done once a month • make choices about style, colour, length, etc. • make choices about colours, filing, cut nails, etc. • make choices about scented crèmes for skin • use switch and Powerlink to run nail dryer
<ul style="list-style-type: none"> • trampoline 	<ul style="list-style-type: none"> • movement; silliness; being with others 	<ul style="list-style-type: none"> • choices re: moderating the bouncing (fast, slow, etc.) • Choices about whom to join Individual on the trampoline
<ul style="list-style-type: none"> • reading stories at group home 	<ul style="list-style-type: none"> • being with others 	<ul style="list-style-type: none"> • use voice output device to ask questions to others for each page (e.g., what might happen next? put in sound effects or repeating words or phrases) • use the switch and Powerlink to run a story tape from the library
<ul style="list-style-type: none"> • movies 	<ul style="list-style-type: none"> • being with others; humour and silliness 	<ul style="list-style-type: none"> • make choices about which silly movie to watch • Stop periodically and have Individual ask others a question using her voice output to foster conversation
<ul style="list-style-type: none"> • rough housing with siblings 	<ul style="list-style-type: none"> • physical contact; being with others; silliness 	<ul style="list-style-type: none"> • choice around getting out of her wheelchair • read her communication signals (personal dictionary) to indicate when she wants "more" or has had enough rough housing
<ul style="list-style-type: none"> • swimming and bathing at group home 	<ul style="list-style-type: none"> • hot tubs, warm bath, physical contact; being with others 	<ul style="list-style-type: none"> • choice about which water toy to play with • choice about action or activity in the water • indicate if she wants "more" of an activity through her facial expressions or vocalizations