



# Options Program Volunteer Life Skills Mentor

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## **Program Summary:**

The Options Program at Family Service Toronto is dedicated to creating welcoming, inclusive communities where everyone can contribute their skills and talents. Options works city-wide, supporting individuals and families, adults and children, couples and communities. The Program's focus on equity and inclusion is guided by a person-directed approach and puts us wherever individuals and families need us.

## **Volunteer Position Summary:**

Volunteers for this position will support a youth (12-18 years) who has limited or no verbal skills and uses augmentative communication to gain independence and autonomy by helping them develop and enhance their life skills.

## **Core responsibilities:**

- Assist a youth who has a developmental disability and/or autism with life skills, such as cooking, learning how to use computer communication apps, and community networking and participation
- Develop and maintain a supportive, friendly relationship with the youth to decrease isolation and enhance inclusion in the community
- Keep regular contact with supervisor to discuss progress

## **Qualifications:**

- Experience or eagerness to support a youth who has a developmental disability and/or autism with communication and engagement in their community
- Strong communication skills
- Interest in building a relationship based on the person's strengths, abilities and gifts
- Respectful of individual's right for self-determination
- Ability to maintain clear boundaries
- Reliable
- Non-judgmental
- Patient
- Demonstrated ability to maintain confidentiality
- Computer literacy/technology skills are an asset but not required



### **Time commitment:**

- Two 2-3 hour visits per month
- Day and time of day to be mutually agreed upon by volunteer and client
- We request a minimum commitment of 6 months

### **Location:**

- Activities will take place in the client's home or in the community in Toronto

### **Orientation and Training:**

- General orientation to Family Service Toronto will be provided by Volunteer Resources
- Training specific to role will be provided by the client's Community Resource Facilitator

### **Benefits:**

- Opportunity to gain experience working within the Developmental Disability Sector
- Personal satisfaction received in assisting an individual with an intellectual disability
- References may be provided upon successful completion of the volunteer commitment

FST conducts a Vulnerable Sector Check for successful applicants for this position and clearance must be obtained prior to starting the volunteer placement.

Please apply for this position online using the FST [Volunteer Application Form](#) and attach a résumé and cover letter to your application.

FST is committed to a policy of equity and inclusion. In accordance with the Ontario Human Rights Code, Accessibility for Ontarians with Disabilities Act, 2005 and FST's Access and Equity policy, accommodation will be provided in all parts of the recruitment process. Applicants need to make their needs known in advance.

We thank all applicants and will contact the individuals selected for an interview.