



Accessible Living Options Volunteering Fact Sheet

Accessible Living Options (ALO) is a central west based, not for profit organisation that is governed by a voluntary Board of Management made up of skilled and experienced members of the local community. We provide a range of services to enable people to live independently at home and participate fully in their community to support their aspirations, and enhance their health and wellbeing.

We provide a range of services these include -

- information about what is out there to help
- initiate linkage to what a person wants
- assist people to develop goals and work toward achieving them
- support people to access the community
- plan social outings for socially isolated people
- support people with discharge from hospital to recover safely at home
- work with carers in planning short term breaks
- case management for Life Time Care and Support participants
- assist to manage person centred funding packages

Why Volunteering is important

- It empowers individuals
- It adds value to not-for-profit organisations
- It strengthens communities
- It's worth billions to the community

Why not give volunteering a try to:

- give something back to the community
- work for social change
- have fun
- learn new skills
- help others
- gain work experience

What can you do?

- *Empower people* –
 - ◆ teach and exchange skills
 - ◆ assist people to achieve their goals, hopes and dreams
 - ◆ support people to access their community with a range of social activities
 - ◆ assist people to complete their shopping
- *Be indispensable* - administration and clerical
- *Help the world go around* - transport people to community activities
- *Provide important social connections* -
 - ◆ home visits
 - ◆ group social outings
 - ◆ small interest groups such as craft, gardening or recreation
- *Leadership* - board of management
- *Keep things running smoothly in ALO office* –
 - ◆ IT support
 - ◆ Repair and maintenance

Or if you have a skill that you would like to share please contact us to discuss this.

I am interested – What do I do now?

Contact the Volunteer Coordinator to discuss your options on what motivates you, your skills and time available.

The application process is diligent, but not daunting, it includes:

- Application
- Interview
- Screening process
- Police checks (if necessary)

CONTACTS:

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