



## CONCEPT OF INFORMATION SESSION FOR CARETAKERS OF PWD TO PROMOTE VOLUNTEERING



**Suggested activities and tools**



## INTRODUCTION

### Schedule of the info session

The aim of this document is to share a model for organizing an information session for caretakers of people with disabilities to promote volunteering. It presents:

- The timetable for the information session - general tools that the organizer/facilitator should be aware of in order to involve parents/guardians of people with disabilities and to help remove barriers, and difficulties and break down stereotypes.
- A set of tools that are necessary for the tasks, training, etc.

### Timetable for the information session

The proposed duration of the information session ranges from 90 minutes to 3 hours, depending on the number of participants (more time is needed if there are many participants). Several information sessions can be made available, depending on the need.

1. Getting to know/warm-up (10-15 minutes)
2. Presentation of the project (10 minutes).
3. Volunteering of the PWD (good examples and experiences) (15-20 minutes)
4. Discussions and activities in small groups. (20 minutes).

### **Break (30 minutes)**

5. Conversations between caregivers, sharing personal experiences (up to 30 min).
6. Revealing PWD skills, abilities, and preferences (20 minutes).
7. Self-assessment questionnaire "Am I ready for my son/daughter to volunteer"?
8. Gratitude and invitations to other activities.

## 1. GETTING TO KNOW/WARM-UP

All participants introduce themselves and share their expectations, and moods.

### Workshop to get to know each other

Tools: candy.

Description: Participants are allowed to take as many candies as they want.

Then they take turns saying as many good things about themselves as they took the candy.

The game helps to get to know each other, to learn more about others.

The exercise makes it easier to talk about good qualities.

## 2. PRESENTATION OF THE PROJECT

Use this presentation as a guide for your speech:

[https://www.canva.com/design/DAFC0kgff30/9-rWNGaNIWF7mH5Niv7bMg/view?utm\\_content=DAFC0kgff30&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink](https://www.canva.com/design/DAFC0kgff30/9-rWNGaNIWF7mH5Niv7bMg/view?utm_content=DAFC0kgff30&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)

Remember to use an easy-to-understand language if your audience there are people with learning disabilities. If in the group there are people with visual impairments, projecting the presentation can still be useful.

A suggestion about what to say to present the project:

*Voluntary work is important both for our society and for individuals. Participation in such can enrich life through social integration and the development of personal skills, but people with disabilities have often been excluded from this. The IMProVE 2.0 project stands for inclusion and equality and is intended to enable people with disabilities to enter voluntary work. To implement the goal of inclusive volunteering, support structures are being developed to enable people with disabilities to access advice and training. Information events and counseling for parents and caregivers will improve skills and thus facilitate the path to volunteerism. Another goal is to change the public perception of people with*

*disabilities. Everyone, regardless of age, culture, gender, sexual orientation, origin, religion, or disability can make a contribution to our society and play an active role.*

### 3. VOLUNTEERING OF PWD (good examples and experiences)

Examples of good practices for volunteering are presented, not only from your own city but maybe also from international experience.

- Videos can be made of past volunteering sites.
- Photo books of good practices.
- The PWDs (themselves or with the help of an assistant) can show a PowerPoint presentation with photos and brief information about the volunteering sites.
- Examples of different volunteering experiences can be given, either by representatives of the host organization or by the volunteers themselves.

### 4. DISCUSSIONS AND ACTIVITIES IN SMALL-GROUPS

- Discussion of what caretakers saw, what they learned, and how their perceptions are changing.
- Organization of real activities - what do volunteers do in the organization, what are their responsibilities and duties in the activities (Shortened model).
- Workshops are organized on a chosen topic (bouquet making, perfume making, cake baking, etc.) so that parents can talk, and share their experiences and insights.

#### **BREAK**

*(Coffee and snack break. There can also be a joint lunch, for example, a soup made together).*

### 5. CARETAKER INTERVIEWS, SHARING PERSONAL EXPERIENCES



- Caretakers of PWD volunteers (2-3) are invited to come forward and share how they have benefited from volunteering, what they have learned, how the volunteer has changed, and how they have "grown".
- The other participants can ask questions.
- You can play a video of a caregiver and a PWD volunteer together talking about volunteering, what it has given, what it has taught, and how it has contributed to independence, personal development, and communication.

## 6. REVEALING OF PWD SKILLS, ABILITIES, AND PREFERENCES

It is very important that the caretaker discovers the competencies of a volunteer with a disability.

### Workshop - Competencies

Transversal competencies are defined as a set of measurable behaviors that result in distinguished performance in social and professional contexts. These transversal competencies come from one's experience, attitude, knowledge, and beliefs that also young adults develop during their volunteering experiences. Volunteers acquire and develop transversal competencies through lived experiences in informal settings, and can develop and train them through non-formal learning.

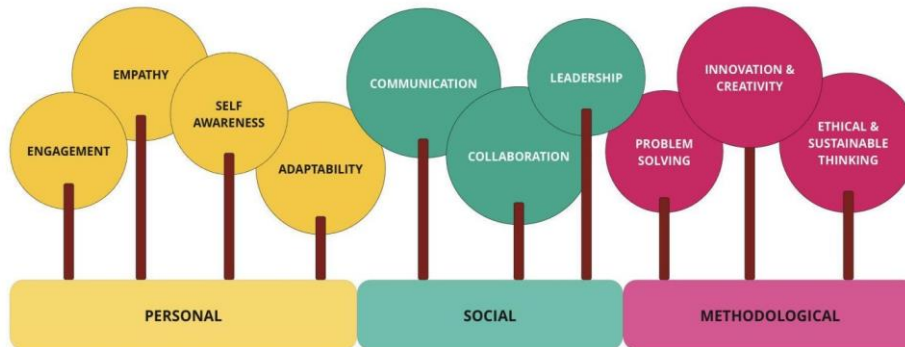
Competencies are grouped into three domains:

- personal
- social
- methodological

As a visual representation of the framework, chose the metaphor of a forest, which stresses the dynamic interdependence of all competencies (trees). Every element of the forest is equally necessary for the development of each tree and of the forest as a whole ecosystem.

A caretaker discovers his/her child's competencies and writes where he/she sees them and is proud of them. Then they present and share it with others. The aim is to bring out the volunteer's good qualities, to discover skills, and, most importantly, for the caretaker to

see and discover it themselves. This builds confidence in the child and opens the way to volunteering.



## Workshop - Tree of strengths

For the exercise you will need:

- pencil
- a tree drawing for each group member.

All participants receive a picture of a tree and a pencil. Each participant writes on his drawing: A, B, C - three strengths of his child and 1, 2, 3 - three cases when these strengths were revealed. 15-20 minutes are given for the exercise. After that, there is a group discussion and everyone who wants to can present their drawing.

This exercise encourages the child's strengths to be noticed and voiced.

## 7. SELF-ASSESSMENT QUESTIONNAIRE

### “AM I READY FOR MY SON/DAUGHTER TO VOLUNTEER”?

A questionnaire has been developed.

## Workshop – Collage

Tools: scissors, a sheet of paper for each participant, magazines, glue.

Description: Handing out supplies. Each participant creates a collage from the pictures and words in the magazine. The collage should reflect the attitude of the parents/caregivers and the wishes of where they would see their child during volunteering.

Discussion: Each participant describes their collage and tells what each picture and word means. What was easy/difficult about this task?

The exercise helps to find appropriate forms of expression when describing your expectations when it is difficult to do so with words.

## 8. GRATITUDE AND INVITATIONS TO OTHER ACTIVITIES

Gratitude for attending the training.

Invitations and leaflets for the next meeting are given.



**IMProVE**  
Inclusive Methods in Professional  
Volunteering in Europe

Co-funded by the  
Erasmus+ Programme  
of the European Union

**Jaunuoliu dienos centras**  
**invites you to participate in a training course**  
**"Everyone can volunteer"**

**Training for caretakers of people with intellectual  
disabilities or mental health issues**

**Date and time of the training**  
**19 June 2023 (Tuesday) 15.00-17.00.**

**More information:**  
**Tel. +370 45 582 598**  
**El. p. [info@pjdc.lt](mailto:info@pjdc.lt)**

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Possible musical program at the end of the training (short concert, invited city singers, musicians, youth performances, theatre show, etc.).

