



APOSTOLIC CHRISTIAN

LifePoints

## Helpful Tips for ACLP Volunteers

We are blessed by our volunteers and believe that all those who choose to care enough to be a part of our mission will also experience a blessing in their own lives. **Thank you** for your interest in volunteering at Apostolic Christian LifePoints.

We have compiled some information that we think will be helpful for you to read prior to your volunteer experience. Please take some time to read this and contact us with any questions you may have.

ACLP serves adults with developmental disabilities that occur prior to age 21 and result in delays or impairments in motor skills, communication skills, self-care skills, learning skills, etc. You can read more about the history and mission of ACLP on our website [www.aclifepoints.org](http://www.aclifepoints.org), as well as information about our facilities and services.

If you are a first time volunteer working with people who have disabilities, you may feel uncomfortable. Reviewing some **general etiquette tips** may help you overcome your discomfort and set a friendly and relaxed tone for your interactions with ACLP residents.

- Relax, be friendly, but not patronizing. Treat adults as adults.
- Remember, you are interacting with a person, not dealing with a disability or condition.
- Talk directly to the person with whom you are interacting, even if they are accompanied by a friend, staff or family member.
- Keep an open mind. Do not make assumptions about the limits of a person's abilities.
- Always ask before trying to help someone, then wait until the offer is accepted.

### Communications with Residents.

- Use Person First Language to reflect a positive attitude in portraying disabilities:
  1. Do not focus on or sensationalize a disability.
  2. Put people first, not their disability. Say woman with arthritis, children who are deaf, or people with disabilities. Crippled, deformed, suffers from, victim of, the retarded, infirm, etc. are not acceptable.
- A person who has speech that is not easily understood has probably experienced frustration and humiliation. Try to understand what s/he means and be sensitive. Ask for help if you are having trouble understanding.
- Some people do not have verbal communication. These individuals may communicate with facial expressions, gestures, or speech generating devices.
- It is always good to introduce yourself and talk to individuals in a respectful and adult tone. This conveys respect and dignity.
- All behavior is communication. Keep in mind that a person's inappropriate or ineffective behaviors may be an attempt to communicate some need to you.

**Privacy and Respect** – You may observe behaviors or become aware of information that a resident or their family would not want shared with other people. We ask that you respect that. No pictures of residents should be taken. This includes cell phones. Under no circumstances should pictures or information about residents be posted on Facebook or any social media. Any pictures that include residents must be taken on agency cameras and approved by administration.

**Human Rights and Abuse Prevention** -We have the responsibility to create a culture that values and respects all people at ACLP. The best way to **prevent abuse** for all citizens is to be meaningfully included and be accepted as valued members of society. When communities value all of its citizens, including individuals with developmental disabilities, the community recognizes people for their gifts, capabilities and contributions.

- Residents have the same rights as any other citizen.
- Abuse is any act with the intent to harm or intimidate a resident.
- Never speak about residents when they are present. Speak to them.
- Communication should always be respectful, never demeaning.
- Do not treat them as children, they are adults.
- Report any concerns you have to a responsible employee

**Hygiene** -We want to protect you as well as our residents from the spread of illness. Most experts agree that the single most effective practice that prevents the spread of germs is good **hand-washing**. We also require that you wear gloves while handling food at ACLP. Please practice these hand-washing techniques.

- Always use warm, running water and a mild, preferably liquid, soap.
- Rub hands together vigorously until a soapy lather appears and continue for at least 30 seconds. Be sure to scrub between fingers, under fingernails, and around the tops and palms of the hands.
- Rinse hands under warm running water
- Dry hands with a clean, disposable (or single use) towel, being careful to avoid touching the faucet handles or towel holder with clean hands.
- Turn the faucet off using the towel as a barrier between your hands and the faucet handle.

**Volunteer Code of Ethics** -When you choose to volunteer at ACLP, you agree to follow our **Volunteer Code of Ethics**:

- You will show enthusiasm and be helpful.
- You will be free from the influence of drugs and alcohol before arriving at and during your volunteer shift.
- You understand that no illegal actions will be tolerated.
- You agree to conduct yourself with integrity at all times, showing respect for fellow volunteers & staff members, ACLP residents and their property, and use appropriate and respectable language.
- If you have volunteered to assist in an activity, you will make every effort possible to notify the supervisor or volunteer coordinator as soon as possible if you are unable to take part.
- You agree to use common sense when dressing for a volunteer opportunity.
- You understand that smoking is not acceptable while volunteering for ACLP.

Signature \_\_\_\_\_ Date \_\_\_\_\_



## Waiver and Release of Liability

In consideration of the right to participate in a volunteer opportunity arranged for me by Apostolic Christian LifePoints, I hereby assume all risks of loss and will hold Apostolic Christian LifePoints harmless from any and all liabilities, actions, causes of action, debts, claims, demands, damages, judgements, costs, loss of services, expenses, compensation, and any and all law and equity, which I now have or which may arise against the Apostolic Christian LifePoints, connected with any activities arranged for me by Apostolic Christian LifePoints.

I hereby acknowledge I will be participating in certain risks and dangers in connection with the activities involved in the volunteer opportunity arranged by Apostolic Christian LifePoints.

The terms contained herein shall serve as a waiver of liability of Apostolic Christian LifePoints and the same assumption of risk on behalf of myself, my heirs, executors, administrators, successors, and assigns, for any and all known and unknown personal injuries, emotional trauma, death, and/or property damage.

I understand that Apostolic Christian LifePoints does not intend to provide any insurance coverage, either for medical expenses, disability, or permanency for losses, sickness, or injuries that may occur to me while participating on the project. I am responsible for providing my own insurance coverage. I am aware I am responsible for determining whether my present insurance coverage extends to accidents or illnesses that occur on agency volunteer projects.

I have read the above and fully understand and acknowledge approval of the same.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Group Association (if any): \_\_\_\_\_

Address: \_\_\_\_\_

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