



Homeplace, Inc.

Volunteer Guidebook

(For the Purpose of Website Display)

Jin Kim, OTDS

Table of Contents

What are Intellectual Disabilities?.....	3
General Communication Skills for People with Intellectual Disabilities.....	4
Homeplace Mission Statement.....	5
What is an ISP (Individual Support Plan)?.....	5
General Contact Information.....	5
Community Outings.....	6
Activity Ideas.....	7
References.....	8

What is an Intellectual Disability?

An intellectual disability is a disability characterized by significant limitations both in intellectual functioning and in adaptive behavior, which covers many everyday social and practical skills. This disability originates before the age of 18.

Intellectual functioning (intelligence) refers to general mental capacity, such as learning, reasoning, problem solving, and so on.

One criterion to measure intellectual functioning is an IQ test. Generally, an IQ test score of 75 or below indicates a limitation in intellectual functioning.

Standardized tests involving three types of skills can also determine limitations in adaptive behavior:

- Conceptual skills—language and literacy; money, time, and number concepts; and self-direction.
- Social skills—interpersonal skills, social responsibility, self-esteem, gullibility, naïveté (i.e., wariness), social problem solving, and the ability to follow rules/obey laws and to avoid being victimized.
- Practical skills—activities of daily living (personal care), occupational skills, healthcare, travel/transportation, schedules/routines, safety, use of money, use of the telephone.

(AAIDD, n.d.)

General Communication Skills for People with Intellectual Disabilities

- 1) Give them limited amount of information at one time.
 - a. Limit the number of words in one message, use one sentence for one message, or use the one-question-one-answer formula.
 - b. When you perform physical tasks with them, split the whole task into smaller processes, or assign one person to one process, instead of making one individual responsible for multiple jobs.

(E.g.) Say “Walk (instead of run) in the hallway,” rather than say “You might slip and fall if you run in the hallway. Walk.”

- 2) Avoid abstract expressions and acronyms, and talk specifically.

(E.g.) “Would you like to go by car, bus or boat?” instead of “Which transportation would you like to use?”

“Sit down” instead of “Don’t stand up.”

- 3) Use other visual aids besides verbal expressions.

When they have to choose among multiple items, for instance, photos and texts enable people to maintain a visual image in their minds for easier comparison.

(Fujino, Y. & Yukumi, E., 2006)

Homeplace Mission Statement

Homeplace, a not-for-profit Tennessee Corporation, exists to provide a home for adults with intellectual disabilities. Services provided will be directed to supporting and enhancing the social, recreational, therapeutic, and vocational development of the residents.

As an outgrowth of the ministry of Belmont United Methodist Church, Homeplace is steeped in the Christian commitment to meet the spiritual, and temporal needs of its residents. In support of that commitment, residents will be encouraged to practice the religious convictions of their choice and will be nurtured in the values of the Christian tradition.

What is an ISP (Individual Service Plan)?

The Individual Service Plan is developed to articulate decisions and agreements made during a person-centered process of planning and information gathering. The general welfare and personal preferences of the individual are the key consideration in the development of all funded care plans.

*Please consider their ISP goals when you plan activities for the Homeplace resident. Let a staff person know if you work on activities that reflect ISP goals, so they can report it on daily notes. Specific ISP goals for Homeplace residents will be provided on site.

General Contact Information

Homeplace, Inc.
(C) 615- 596-6346
Email: Homeplaceinc@gmail.com

Community Outings

	BEST SEASON	APX. DURATION
Adventure Science Museum	ALL YEAR	1-2 hours
Country Music Hall of Fame	ALL YEAR	1-2 hours
Centennial Art Center	ALL YEAR	1-2 hours
Centennial Sportsplex	Sp, Su, Au	1-2 hours
Cheekwood	Sp, Su, Au	2-3 hours
Coleman Fitness Center	ALL YEAR	1-3 hours
Edwin Warner Parks/ Model Airplane flying	Sp, Su, Au	1-2 hours
Edwin Warner Park/ Warner Nature Center	Sp, Su, Au	1-2 hours
Farmer's Market	Sp, Su, Au	1-2 hours
Frist Center	ALL YEAR	1-2 hours
The Hermitage	ALL YEAR	2-3 hours
Lily's Garden	Sp, Su, Au	1-2 hours
Nashville Zoo	Sp, Su, Au	1-3 hours
Public Library	ALL YEAR	0.5-1 hour
Radnor Lake/ Visitors Center	Sp, Su, Au	1-2 hour
TN Agricultural Museum	Sp, Su, Au	1 hour
TN State Capital Bldg/TN State Museum	ALL YEAR	1-2 hours
Sports 4 All	ALL YEAR	W& TH 9am-3pm
Hartman Center	ALL YEAR	W& TH 9am-3pm
Bellevue YMCA- Full Circle	ALL YEAR	

Consider events playing in Nashville through www.nowplayingnashville.com. Some activities might be appropriate for the residents.



Activity Ideas

Activities
Wii
Walking- community, mall, Centennial Park
Making cards
Writing cards with assistance
Bingo
Drawing
Practicing signatures
Puzzles
Movies
Library
Going out to dinner
Making jewelry
Folding laundry
Exercising
Watching videos
Shopping
Parks
Museums
Seasonal Parties- Christmas party, etc.
Swimming
Painting (craft)



References

AAIDD (n.d). Definition of intellectual disability. Retrieved March 13, 2011 from http://www.aaidd.org/content_100.cfm?navID=21

Champagne, T. (n.d). Allen Cognitive Level Caregiver Guides. Retrieved Feb 05. 2011 from http://www.ot-innovations.com/pdf_files/CaregiverGuide36_38.pdf

Fujino, Y. & Yukumi, E. (2006). Communication with people having intellectual disability. Retrieved March 13, 2011 from http://www.gtid.net/global_trend/FUJINO-YUKUMI.pdf