



Choice. Respect. independence.

Recreation Therapy Volunteers @ N 13th

Activity: In person. Indoor/outdoor depending on weather – group of 2-4

Location: 3824 N. 13th Street, Arlington, VA 22201

COVID Restrictions: Proof of vaccination and KN95 Masks required indoors.

Duration: 1 hour – 1.5 hours every Saturday or every other Saturday.

Age: 15 – 17 (with parent) and 18+

Skills: Having fun! Knowledge of American Sign Language a plus!

About CRI

CRI, Choice. Respect. independence. (formerly known as Community Residences, Inc.), is a community-based organization with a focused effort on providing people with developmental disabilities and/or mental health needs the resources, supports and services they need to live their lives with purpose, actively engaged in communities of their choosing. CRI's mission fully supports a person's ability to exercise control of their life's choices, and to live in and contribute to communities of their choosing, as young adults through aging in place. We believe in serving individuals within the communities in which they live and supporting the individual's choices and independence.

About N 13th

N 13th is an assisted living facility that supports 8 adults, 4 men and 4 women with significant medical and mental health needs. Our residential-program philosophy is to provide a home-like environment where we assist individuals in learning skills that promote community tenure and integration, better health management and opportunities to fully engage in their own recovery process.

Like any home, the interests of the residents at N 13th are varied and expansive: some like to play basketball on the drive way, some like to throw the football in the backyard, some like to cook, some like to play board games like Uno and Sorry!, but everyone *loves* to eat and dance and they're very competitive. Some individuals are shy while others will talk your ear off. Some have boundless energy and others need a bit of coaxing to get motivated. There is an individual in this home who is deaf and speaks American Sign Language (ASL) so volunteers with ASL experiences are especially welcome!

Project Details

Recreational Therapy is the practice of using activities to help individuals "improve or maintain physical, cognitive, social, emotional and spiritual functioning in order to facilitate full participation in life." (<https://www.nctrc.org/about-nctrc/about-recreational-therapy/>)

This volunteer opportunity takes the concept of recreational therapy and breaks it down to engagement and opportunity, because practice makes perfect. Because of COVID, we've all become a bit more

introverted, a bit more socially awkward, and a bit more secluded. Through this activity, individuals will practice their communication and socialization skills while getting active.

Volunteers will primarily engage with residents playing outdoors, trying new games, going for walks, doing arts and crafts activities and, in general, socializing and having fun! The goal for this opportunity is to help the residents break the learned COVID habits of hunkering down indoors in front of a TV. Get outside and enjoy the weather, the sun, the friends, and new experiences.

Interested in participating or have questions? Contact Janet Davison, Volunteer Program Manager, at jdavison@mycri.org.