



The Arc of Monroe County

SPECIAL SITTERS PROGRAM

Parents of children with developmental disabilities need time away from home as much as anyone, but finding someone to care for their son or daughter can often be a problem. In response to this widely felt need, The Arc of Monroe County has established the **Special Sitters Program** which educates individuals over the age of 14 on how to care for people with special needs.

Before their services are made available to families, potential sitters receive 20 hours of training covering such topics as communication skills, developmental disabilities, creative activities, care providing, CPR and First Aid. Each sitter is also given a source book of helpful information. Sitting hours are flexible and the salary is negotiable.

Special Sitters/Companions offer families relief from the day-to-day routine of caring for a member who has a developmental disability. Said one satisfied "customer" of the Special Sitters Program, "*They provide us an opportunity to get away from that daily struggle – a break that's much needed.*" Companions will also accompany a family member on a recreational or social outing. There are over 100 families presently enrolled in the program.

The next two **free training** sessions are scheduled to start **Monday February 15, 2010** and **Monday March 22, 2010**. Application and interview are required. For more information and an application call The Arc of Monroe County's Special Sitters Program at **271-0660 X 352, Marilyn Congdon, Coordinator.**



SPECIAL SITTERS PROGRAM

More than just a job

- Do you have spare time?
- Would you like to earn extra money by giving families whose sons & daughters have developmental disabilities time away from home?
- Would you like to be a companion to someone with special needs for a social or recreational outing?

If so, the SPECIAL SITTERS PROGRAM IS FOR YOU!

Learn about the needs of individuals whose disabilities may include:
Autism, Cerebral Palsy, Learning Disabilities, Epilepsy, or Mental Retardation

THE NEXT FREE TRAINING SESSIONS ARE SCHEDULED FOR

Monday	2/15/2010	9:30a-2:30p
Tuesday	2/16/2010	9:30a-2:30p
Wednesday	2/17/2010	9:30a-2:30p
Thursday	2/18/2010	9:30a-2:30p

OR

Monday	3/22/2010	4:00p-9:00p
Tuesday	3/23/2010	4:00p-9:00p
Wednesday	3/24/2010	4:00p-9:00p
Thursday	3/25/2010	4:00p-9:00p

(YOU MUST ATTEND ALL FOUR DAYS OF THE SESSION)

For an application or information Call
the Special Sitters Office at 271-0660 X 352

Space is limited. Application and Interview are required

Special Sitters Program
A Program of The Arc of Monroe County
A Chapter of NYSARC, Inc.
1000 Elmwood Avenue, Rochester, NY 14620