



Volunteering

TIPS AND RESOURCES FOR EARLY WORK EXPERIENCES

What Is Volunteering?

Volunteering is when you chip in to help an organization or group without getting paid. Volunteers complete tasks that others do not get paid to do.

Why Should I Volunteer?

Research has shown that volunteering can increase the opportunity for a job by helping you learn new skills, expand your network (meeting others) and taking on leadership roles. The benefits of volunteering can be enormous for you, your family and community.

The right volunteer match can help you meet new people, reach out to the community, learn new skills, and increase your social skills while helping out others.

Volunteering will help increase your self-confidence and self-esteem. You are doing good for others and the community which provides pride and identity.

Volunteering also gives you the opportunity to practice important skills used in the workplace, such as teamwork, communicating with others and problem solving.

Volunteering can be fun, easy and motivating way to explore your interests. It can be a meaningful and interesting break from your day to day routine.

Always remember to put your volunteer experiences on job applications and your resume.

How Do I Get Started?

- Think about your interests, goals and skills.
- Think about what activities you enjoy doing or what you have wanted to try.
- Think about how you want to get involved and how long you want to get involved.
- Think about what you want to gain from your experience.

Tips to help you get started:

Ask yourself:

- Is there something I care about?
- A group I feel connected to, people I care about who need my help?
- Do I want to volunteer hands on or behind the scenes?
- How much responsibility do I want?
- Do I want volunteer regularly, one time, or as needed?
- Do I want to work with others or by myself?
- What skills can I bring?
- What skills do I want to learn?

Where Can I Volunteer?

- Try to visit several different organizations to get a feel of what they are like and if you feel it is a good match. Remember the more satisfied that you are, the more likely you will continue with your efforts.
- Consider volunteer opportunities at your local library, senior centers, food pantries, service organizations such as Lions Club, Rotary Clubs, youth organizations, sports teams, after school programs, state parks, churches or animal shelters.





Internet Resources

Volunteer Match:

<http://www.volunteermatch.org/>

Iparticipate:

<http://www.iparticipate.org/>

Americorps Vista:

<http://www.nationalservice.gov/>

Volunteent:

<http://volunteennation.org/>

United Way

www.unitedway.org

Charity Vault

<http://charity-charities.org/volunteering/Missouri-volunteers/index.html>

Contact Your Local Regional Office Youth Transition/Employment Resource Coordinator for More Information





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Helpful terms

Supplemental Security Income (SSI): Program under Social Security to provide a minimum monthly income to aged, blind, and individuals with disabilities. The amount is subject to change each year.

Social Security Disability Insurance (SSDI): A program that pays benefits to an individual and sometimes a family member if they can no longer work and if they are "insured," meaning that they worked long enough and paid Social Security taxes.

Dual Beneficiaries: Individuals who receive both SSI and SSDI.

Benefit Specialist: A person who manages employee benefit plans such as medical, dental, savings, retirement and pension plans.

Work Incentives: Special rules that make it possible for people with disabilities receiving Social Security or Supplemental Security Income (SSI) to work and still receive monthly payments and Medicare or Medicaid. Social Security calls these rules "work incentives."

Substantial Gainful Activity (SGA): The dollar amount of earnings that is the cutoff point for eligibility for disability benefits. The amount is subject to change each year.

Trial Work Period (TWP): Period of time beneficiaries can test their ability to work while still getting their full cash benefit and Medicare.

Earnings or Earned Income: Money from working; for example the amount in a paycheck.

Medicaid/MO Healthnet: The health coverage program for people with disabilities and others. Generally, low income individuals receive this medical benefit.

Medicare: The federal program that provides health coverage to individuals who receive SSDI and other Social Security benefits, except SSI.

Resources: Social Security's term for "assets". It includes anything you own or other property that you can use to support yourself.

Internet Resources

Social Security Administration
<http://www.ssa.gov/work>

Disability 101 Calculator
<http://mo.db101.org/>

GovBenefits.gov
www.benefits.gov

Ticket to Work (TTW)
<http://chooseworkttw.net/>

Work guide for Work incentives <http://www.thedisabilityexpert.com/>

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