



Cape Abilities and the Growing Friendship Program  
Inclusion and Community on Cape Cod

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# Agenda

- Overview of Cape Abilities
- Growing Friendships Program
- Ways to support Cape Abilities
- Q and A



Our Mission is to **serve individuals with disabilities** on Cape Cod by educating, counseling and providing residential, therapeutic, social and employment supports that empower them to achieve **meaningful and valued roles** in the community.

*Who we are is defined by the impacts we make*

Staff

Volunteers

Community Partners

# Person Centered Programs

Create opportunities

Create an inclusive  
community for people  
of all abilities

# Person Centered Programs

## Day Programs

- Center based: Hyannis
- Community based

## Residential Programs

- Adult Family Care
- Shared Living
- Individual Supports
- 15 Group Residential Homes



# Person Centered Programs

Vocational

Job exploration, training and placement

Transportation

Ties it all together

15K rides





# Cape Abilities Social Enterprises

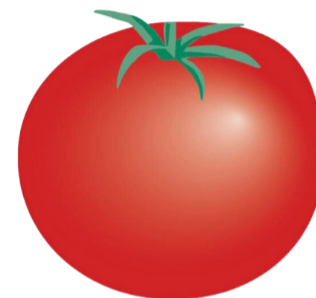


Cape Abilities Farm 6A Dennis  
Cape Abilities Thrift Yarmouth

- Training and opportunity employment
- Help fund all programs
- Invite the community to be a part of our mission



316 Route 28, West Yarmouth  
[CapeAbilitiesThrift.org](http://CapeAbilitiesThrift.org)



Cape Abilities<sup>SM</sup>  
**FARM**

Growing Vegetables, Flowers, and Opportunities

458 Route 6A, Dennis | [CapeAbilitiesFarm.org](http://CapeAbilitiesFarm.org)

# Volunteer Programs and Growing Friendships

120 Volunteers

Across all Programs

Impact of COVID 19 on our operations and our individuals







# Growing Friendships

## What is the Growing Friendships Program

- The Cape Abilities Growing Friendships program seeks to build **one-on-one social relationships** between volunteer Friends and Cape Abilities program participant Friends.
- The program aims to **enrich lives and improve the level of inclusion** for both volunteers and participants.
- Volunteer Friends will be **matched** with participant Friends from Cape Abilities programs with the expectation that they meet regularly and develop a friendship.
- Through **shared interests and experiences**, Friends combat loneliness and develop interpersonal skills, while gaining confidence and self-esteem.

# How does it work?

- Volunteers and participants each apply and indicate **their interests, hobbies, location, availability, and expectations.**
- **Volunteers will be screened** and subject to background checks, and will attend an orientation.
- Volunteer background as diverse as our individuals
- **Online training** in privacy rights, human rights and abuse reporting is mandatory.
- Cape Abilities seeks to **match volunteers with participants** based on these parameters.
- If no matches are possible, Cape Abilities will **recruit** volunteers to try to make a match.
- Introductory meeting accompanied by Cape Abilities Volunteer Program Manager
- Ongoing Support from the Volunteer Program Manager

**WHEN COVID ENDED..... Program commitment stayed steady!**



# What does Cape Abilities hope to achieve?



- **Break down the walls** between people of differing abilities.
- A truly diverse & inclusive community includes people of all abilities!
- **Widen the circle** of people in the lives of our program participants.
- **Combat loneliness** among both volunteers and participants.
- Encourage **increased activity and shared experiences**
- Introduce **new interests and healthy hobbies**
- **Provide relief for caregivers**, who can be isolated.
- **Make friends, have fun and enjoy life on beautiful Cape Cod!**



# How can you support the Cape Abilities mission

- Volunteer
- Shop at our Farm or Thrift Store
- Spread the word
- Donate
- Participate in our events
  - Upcoming Walk for Opportunity June 15
  - Second Summer Cycle September 15
- Stay informed.
  - Subscribe to our newsletter
  - CapeAbilities.org website
  - Social Media: Facebook and Instagram



**Thank you for your interest in  
Cape Abilities & our Growing Friendships Program!**

**Alone we can do so little;  
together we can do so much.**

*~ Helen Keller*



**Cape Abilities**<sup>SM</sup>  
Creating Opportunity



Q and A