

GOOD-2-GO OREGON



PRESENTS

APPLIED COMMUNITY EXPERIENCE

RECREATION PROGRAM

A.C.E.

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Welcome to A.C.E.!

At Good-2-Go, we believe that a range of healthy, fun activities in a group setting gives people a sense of community and of belonging. Recreation gives people a sense of purpose and, sometimes very importantly, something to look forward to! Being an independent community member means being involved! Come out and play with us!

Good-2-Go is pleased to offer a variety of activities.

Please read this booklet so that you understand our group events.

This handbook describes group participation guidelines. If you would like help reading and understanding these guidelines, ask a trusted individual, like your 1:1 worker or a parent, friend or Personal Agent. It is important that you understand our guidelines because they ensure safety, which means all the fun -- and no headaches.



Who are you?

"We are artists, musicians, actors, poets and athletes, just like everyone else. We have talents to give to the world. Arts give meaning to life. Arts and sports are a key part of belonging to society. In many cases, we are blocked from being a part of sports events. We have the right to play sports with others who have disabilities. We also have the right to play sports that are open to everyone."

Source: anonymous self-advocate for Illinois Department of Human Services

The Full Value Contract

Have you ever heard of the “Full Value Contract?” The Full Value Contract states two simple, powerful concepts, or ideas:



- 1) “We all have the right to be treated respectfully, at all times.
- 2) We all have the responsibility to treat others with respect, at all times.”

That’s it; these simple sentences make up the Full Value Contract. The contract spells out the ways we should treat all people. G2G encourages all group members to know and agree to the following points:

- I agree to use polite and friendly words and tones
- I agree to help everyone reach their goals
- I agree to act supportively toward everyone, even if I have a disagreement
- I agree to use the words “I’m sorry” when I realize that something I’ve done or said has upset someone else, even if I didn’t mean to and even if I didn’t start it.
- I agree to let small hurts and upsets go rather than be confrontational.
- I agree that it is important to help the whole group, rather than only myself or one or two individuals.

Event Participation Policies

BELOW you will see a checklist. These are the Good-2-Go event participation policies. When you sign the event enrollment form, you will be agreeing with these items. Please review them with your staff, Personal Agent or other trusted person.

1. You must be 18 years of age or older
2. You must be able to feed and toilet yourself or, provide a 1:1 attendant.*
3. You must be ready to enter the "Full Value Contract."
4. You must acknowledge, during enrollment, that you know and understand G2G policies and that you release G2G from all liability.
5. You should consider signing a photo release. G2G loves to take photos so we can share them with each other in our newsletter and on Facebook. We will ask you to sign a photo release once a year.
6. You must find your own transportation; staff do not provide this service. If you need help arranging transportation, please tell a G2G staff so that we can assist.
7. If your ride is not ready for you when the activity is over, you will be billed in 15 minute increments at the 1:1 rate for the time staff waits with you for your ride to arrive after the announced ending time.
8. You must enroll one week before your chosen event. G2G has a responsibility to provide enough staff members, but we can't do this unless we know in advance that you are coming. **NO DROP INS!**
9. Remember, employment responsibilities always come before recreational desires. Participants are strongly encouraged to not cancel work hours/opportunities to join our events.



What's up with all the Rules?

At Good-2-Go Oregon, we want to make sure that we are able to appropriately serve everyone that wants to participate in our exciting activities! It is important that we standardize our processes to best ensure not only participation, but the safety of our participants. The State of Oregon, also has a few rules that they'd like us to follow as well. So our policies ensure state compliance, participant safety, and equality in participation.

Explanations for the participation policies

#2 You must be able to feed, bathe and toilet yourself or, provide a 1:1 attendant. If you have difficulty feeding, bathing or toileting yourself, you will need to talk with your 1:1 to be sure that person can be with you throughout the entire event. If you use a manual wheelchair or if you have certain medical conditions (for example, severe seizures requiring 1:1 attendance) you may participate in group events as long as you can bring your attendant with you. **IMPORTANT:** Your 1:1 attendant must be a G2G staff.

#3 You must be ready to enter the Full Value Contract. The Full Value Contract is an idea that has been around for at least twenty or more years. There are other ways to say the same idea. Some people use the 'golden rule' to ask that a person treat everyone the same way they wish to be treated. For G2G groups, this Full Value Contract says that being in a group means cooperation, not competition and that the group itself requires everyone's positive participation.

#4 You must sign the enrollment form, which says you know and understand G2G policies and that you release G2G from all liability. When you participate in a group, there are always risks involved. You might trip on the way in to a movie, you might meet someone whose beliefs are different from your own (which can cause you to feel uncomfortable), you might try something new and feel embarrassed, you might get injured or sick, or you might have to wait for other group members. These are risks that all human beings face; G2G believes that you become your best self when you take risks and then learn from the consequences, whether you see them as good or bad. Knowing that you will sometimes fail is actually quite good and healthy; it is the best teacher of independence and inclusion.

#6 You must provide your own transportation; staff do not provide this service. You must make plans to get transportation before the group meets. Current regulations do not allow staff to provide transportation to the venue. Staff may always help you learn to use the bus system, dial-a-ride or buddy up with friends who do drive. On some occasions, staff may provide transportation but please do not assume that staff are going to transport you. Part of becoming more independent is learning to get yourself to the places you need.

#8 You must enroll one week before the event. Our current policy states that you must enroll a week in advance of your chosen event. It is the job of G2G to be sure there are enough staff to ensure safety and successful, fun groups. To do this, participants must enroll online a week before the event. In most cases, the groups are announced on our website and staff can help you learn how to use the simple online form to indicate your participation.

WHO NEEDS 1:1 DURING GROUP EVENTS?

There are times and situations in which a member will need 1:1 support to attend G2G events. Here are some common situations in which you will want, and we will require 1:1 support.

- 1) If you experience active seizures that are not under control, you will need 1:1 support.
- 2) If you are experiencing strong social phobias (become highly anxious when in larger numbers of people), you will need 1:1 support.
- 3) If you use a manual wheelchair, you will need 1:1 support.
- 4) If you frequently need to leave events early, you will need 1:1 support.
- 5) If your behaviors can make you unsafe, you will need 1:1 support.

This 1:1 support will ensure your safety and the broader safety of the group. Remember, we all deserve to participate and we all deserve to stay safe. If you have one of these issues, please join us, and also bring your 1:1 staff member so that you and the rest of the group are safe.

**1:1 Supports versus Group Supports**

This is a question that often comes up when discussing our recreation activities versus our individual supports. We hope that this brief explanation will help you understand the difference. It is important to note, that the some of the differences are dictated by the State of Oregon. We are doing our best to help distinguish between the types of supports and what may be done during each type of support respectively. Please reach out to us if you need further explanation of these differences.

- In 1:1 support, all of staff attention is for you, the participant. In group activities, staff must split their attention among many different participants.
- In 1:1 support, you and your staff might speak about personal issues. In group activities, what you share with staff easily becomes the knowledge of the group. If you do not wish the group to know something, do not bring it up during a group activity unless there is an emergency. Of course, you may always ask the group to listen to you or provide their thoughts.
- In 1:1 support, staff are able to guide you personally through such activities as finding the bathroom, getting back to the table, making change or figuring a tip. In group activities, you will be getting assistance alongside others, at the same time. You will likely get assistance from your peers whenever possible. Staff will often direct you to ask a peer.

- In 1:1 support, your staff can provide transportation. In group activities, you must find your own transportation.
- In 1:1 support, you have your own personal staff to help you cope with conflicts, anxiety and other social issues. In group activities, you will be strongly encouraged to ask your peers for help.

In short, our events give you the chance to practice being socially *independent* rather than relying more heavily on staff to make for a nice day or an awesome event. Good 2 Go is all about helping you become as independent as possible.



ARRANGING 1:1 SUPPORT FOR GROUP EVENTS

If you are not sure about whether or not you need 1:1 support, you can always speak to your staff members, your Personal Agent or G2G management. We can assist! Please ask for this help at least a week away from the scheduled event. This will give us and you time to make arrangements. Remember, as a member who has signed the Full Value Contract, you are responsible for asking for the 1:1 support; G2G is responsible for helping you find the support. *Ask and ye shall receive!* (If you don't ask, then ye shall not receive. ☺)

PARTICIPATION FEES - 'SHOW ME THE MONEY!'

A participation fee is the amount of money you will need to attend an event. Our event calendar has an estimate for each event. The 'estimate' we give is like a guideline. If you bring at least the estimate amount, you will be able to participate fully. Bringing the fee is one of your responsibilities. *You got to pay to play.*

G2G staff will not pay your participation fees.

It is important that you check before coming to an event and know what the fee will be. The fee for an event is always noted on the group activities calendar, and is usually only an estimate.

EXAMPLE: The first Monday of every month is ‘Dinner and Movie.’ The fee is listed at \$25.00, which allows you to purchase a small meal with water at Red Robin and then the movie, which is usually between \$11.00 and \$12.00.

Many participants bring a little extra so that they can purchase soft drinks with dinner or popcorn at the movie theater. However, the \$25.00 assures that most participants will be able to eat something with their peers and then go to the movie.

Some events may have an amount of money that you will need to pay ahead of time to purchase materials needed (for example, an arts and crafts club or the Halloween Dance).

It is your responsibility to be prepared with enough money to participate.

When the event includes eating at a restaurant, you are also expected to budget enough money for the tip as well. Please note that tipping is not a choice, but an expectation of all diners coming to the restaurant. There is a special section on tipping in this handbook.

Group Hours – You gotta have’m to play.

Participation in group events requires specially designated group hours for billing purposes. This fact is very important to your brokerage or county because they pay for your services. But, it is important for you to understand something about this billing too.

When your Personal Agent or Case Manager assigns you hours for attendant care support (1:1), you may choose to split your hours so that most of your hours are for 1:1 support and a smaller number of hours for ACE Recreation. (In G2G techno-speak, these hours are called “DSA” hours.)

You will only receive group hours after you call your Personal Agent and ask them to give you hours for “Small Group Inclusion.” Your 1:1 staff may help you with this task, if you ask them. Another time to ask is during your ISP.

After you request group hours, it can take up to thirty days for your new contract to take effect. After your contract is ‘in’ you may then use group hours to come and play!

Knowing how many group hours you have each month is your responsibility. Staff can help you find out, but waiting until the day of the event will not help. Think of it this way: You want to have fun at the event, right? I bet you don’t want to wait while other participants have staff look up their hours, right? If you had to wait around, how happy would you be? The Full Value Contract tells all of us to think ahead so that event time is not wasted.

G2G event staff expectations

- ✓ Good-2-Go staff will be on time.
- ✓ Good-2-Go staff will not leave the group until all members have either left on their own or have their rides arrive.
- ✓ Good-2-Go staff will foster group inclusiveness by encouraging group members to support one another and stay respectful.
- ✓ Good-2-Go staff will participate in the events with you by greeting you, inviting participation, conducting check-ins and watching for safety issues, and providing plenty of enthusiasm and encouragement.
- ✓ Good-2-Go staff will be professional, and show you their best selves by treating you respectfully and in a friendly manner.
- ✓ Good-2-Go staff will call you “members” if someone not with G2G asks “what’s going on here?” The term “member” keeps your confidentiality when answering questions from a curious public.



Participant expectations, in a nutshell!

- Bring the right amount of money for the activity.
- Enroll one week ahead of time for the event.
- Dress appropriately!
 - ❖ Please use common sense and modesty when you go out in public. For example, a spaghetti strap top might be too little clothing to keep you comfortable in an air-conditioned movie house. A spaghetti strap top may also show more skin than you want. Gentlemen: If your pants are so saggy that you have to hold them up while you walk, well then pull them up and use a belt.
 - ❖ Do not wear clothing that would embarrass your grandmother in public.
 - ❖ Do not wear clothing with references to alcohol or drugs.
- Treat all group members with respect, even if you don’t agree with them or have had arguments in the past.
- Know before coming to an event how many group hours you have for the month.
- Do not come to the event if you do not have group hours, unless.....you are with your 1:1 provider.

Cancellation Policies



G2G requires a 48-hour cancellation for most events.

Some events may require prepayment of participation fee for advance tickets or other materials needed for the event. Cancellations within 48 hours of the event will not receive a refund of their participation fee.

Qualified cancellations are eligible for refund by check to be applied toward future events. G2G will issue all refund checks within 30 days of the scheduled event.

When you will be asked to leave a group:

G2G wants everyone to enjoy and benefit from group activities. As a matter of fact, this is what it means to be “fully valued.” If everyone feels safe and supported and respected, then everyone benefits. Some behaviors will not be tolerated. These behaviors include, but are not limited to:

- Fighting
- Using alcohol and tobacco, including ‘vaping.’ There are times when you will be allowed to purchase alcohol; however, if you have certain medicines that would interact poorly with alcohol or if you are not 21, then you will be asked not to purchase alcohol.
- Not paying for the event or bringing less than the required amount.
- Continuing arguments, conflicts, or emotional breakdowns requiring one to one support to resolve.
- Being sick (It’s not ‘wrong’ to be sick; but, it’s important for everyone’s health that you stay home if you are sick.)
- Disrupting the event and the participation of others.
- Signing up for events and then consistently not showing up without contacting G2G staff.
- Any illegal activity.

If you have ongoing problems with group expectations, your enrollment with small groups will be reviewed by G2G management and you could be placed on probation or your group hours canceled.

REGISTRATION & ENROLLMENT IN EVENTS

Signing up, or 'registration' is completed online. (If you have trouble getting online or using online tools, this is a great time to ask your 1:1 staff or other support person to help you become familiar with this process.)

INSTRUCTIONS FOR ON-LINE ENROLLMENT

Go to <http://www.g2goregon.com/home.html>.

You will need to navigate to Good-2-Go East to find programs located in Bend & Central Oregon. You can choose Good-2-Go West to see what's happening with our Portland branch too!

Once on the Good-2-Go East page, choose "ACE Rec Program" to jump to enrollment page & activity calendar.

Click there and our calendar pops up! Now you can look at the current month's calendar to see your choices. Choose one, and click on it. The details of the group will open in a bubble window; there's even a way to send the information to your personal calendar.

You're nearly good to go. Just a few more steps.

To attend one of these fabulous events, you must enroll one week in advance.

This is important because G2G needs to be sure enough staff will be ready for the group. You will use our online feature to let staff know when you would like to attend an event. It is important to use the online feature; simply telling or texting staff is not enough.

***Good 2 Go staff will make a list of group participants after checking the website;
if you are not on that list, then you may not have been counted and may not be able to participate.***

Standards for Your Community Experience

GOING OUT TO EAT AND TIPPING:

If an event features going out to eat, the participation fee can vary depending on where you eat and how much food or drink you order.

When you dine out, other people serve you. It is a custom to tip your server. Staff and 'senior' members guide you to tip at least 15%, if not a bit higher.

In large groups, servers will usually NOT break down everyone's individual order on separate bills. Groups are left to figure out their total and tip on their own. This is time-consuming! When a server breaks the final bill into separate pieces, this is going 'above and beyond' standard service, and servers should be tipped accordingly.

It is important for you to know that NOT tipping is considered rude behavior and goes against our Full Value Contract.

GOOD-2-GO OREGON : ACE RECREATION PROGRAM**Confirmation of Receipt and Understanding ACE Guidelines**

Member Name: _____ Date: _____

Good 2 Go is proud and excited to offer you group supports so that you may live and participate fully in your community. We understand that this is a team effort and that both parties, you and G2G, must have an understanding of our roles in this effort to be successful.

By signing below, you are agreeing to your responsibilities in this partnership and understand that while G2G is here to provide support, without your effort and follow-through, it will be very difficult to meet your goals. Similarly, G2G agrees to the following responsibilities as outlined to help you achieve your goals and desired successes.

Participant Responsibilities

1. I will follow the Full Value Contract.
2. I will bring enough money for each event.
3. I will not ask staff for transportation.
4. I understand that group time is very different from 1:1 time.
5. I understand I must sign up for desired activities online.
6. I understand that tipping is expected behavior.

Good 2 Go Responsibilities:

1. G2G staff will adhere to the Full Value Contract
2. G2G staff will remain at the group site until I have either left on my own or my ride has arrived.
3. G2G staff cannot provide financial support or material gifts as a way to help me meet my goals.

Participant Signature_____
Date