

Who can volunteer?

- ✓ Corporate teams
- ✓ Social and civic clubs
- ✓ High school and college students
- ✓ Retirees
- ✓ Families



About Us

United Ability serves nearly 5,000 individuals with disabilities annually through ten programs. We are uniquely positioned to serve individuals from 6 weeks old through their entire lifespan.

Our Mission

United Ability provides innovative services connecting people with disabilities to their communities and empowering individuals to live full and meaningful lives.



"We have never felt so supported by staff during a volunteer project."

Pallie Savoie, Heard Girls
Project - refurbish picnic tables and benches



Volunteer

United Ability



UNITED
ABILITY

Empowering People Living with Disabilities

Service Opportunities

United Ability has many regularly scheduled opportunities for volunteer involvement including:

- Reading to students in the Hand In Hand Early Learning Program (HIH)
- Participating in music therapy at HIH
- Helping with Flexible Friday activities at Dr. E's Place
- Engaging with participants through Adapted PE classes

Additionally, we are always open to creative group or team-building opportunities and we have many upcoming events and projects.

Please reach out to the contact below if you are interested in becoming involved on our campus, would like information about upcoming events, or would like to coordinate a project!



Types of Projects

United Ability has many volunteer opportunities including group activities, assisting with community outings, classroom assistance, and clean-up and painting projects. If your team has a talent, we can find a project that highlights it!

Group Activities

Adapted sports provide an opportunity for groups with 6-10 volunteers to aid adult participants. Activities occur year round. Our adult program also periodically hosts dances and workshops which are excellent for teams of 4-5.


Community Outings

Meet participants in your community during an outing! Outings are used to integrate participants into the community. They range from going to the zoo or park to learning how to use coupons in a grocery store.

Facilities Projects

Our campus is situated on 23 acres with three buildings. Between outdoor activity spaces, indoor sensory rooms, and basic maintenance and upkeep, our facilities department has a list of ongoing projects for painters, woodworkers, and the jack of all trades.

Sign up to serve!

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 unitedability.org/volunteer



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