



*Work towards
achieving personal
goals.*

Mentoring Connections:

An initiative for adults with Down syndrome

Overview

- Mentoring Connections: an initiative for adults with Down syndrome is a pilot mentoring program designed for adults with Down syndrome to work towards achieving personal goals based on enhancing their independence to gain further employment opportunities i.e. managing money, using public transport, learning how to cook.
- The program aims to support adults with Down syndrome by matching them with a mentor with similar interests to them. Together they will participate in a one to one mentoring program on a fortnightly basis over five months.
- Ideally, the mentor will have experiences and skills relating to the goal of the mentee and will provide advice and guidance to support them reaching their goal,
- Together, the mentor and mentee will identify the mentee's goals.
- Together, the mentor and mentee will plan a pathway for reaching the goal and start on the pathway.
- The program starts in 2008 and will involve up to 10 pairs.

Objectives

- Assist mentees to develop their hopes and dreams and to create future goals for themselves as individuals
- Develop community awareness about the capabilities of people with Down syndrome
- Develop the mentor relationship, mutual benefits and other life opportunities which arise from the relationship
- Create a sense of belonging within the community for the mentees and decrease isolation
- Increased proficiency and opportunities for job readiness
- Where possible, encourage new work experience opportunities and increase mainstream employment opportunities
- Enable mentees to feel valued
- Enhanced social skills and self esteem

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Who

- Mentees - adults with Down syndrome
- Mentors - members from community and business professionals

Time frame (subject to change)

*Sense of belonging
within the
community.*

2008	January	Mentee recruitment
	February	Orientation
	March	Mentee screening
	April	
	May	Mentor recruitment & orientation
	June	Launch
	July	Mentor screening
	August	Training & program commences
	September	
	October	
	November	
	December	Program ends, presentation & evaluation

Recognise involvement and contribution.

What's involved?

	Mentee	Mentor
Orientation	<ul style="list-style-type: none"> Attend orientation session. Application forms will be distributed after the orientation session. 	<ul style="list-style-type: none"> Receive and read thoroughly an orientation pack. Volunteering policies and application forms will be included in the pack.
Recruitment & Screening	<ul style="list-style-type: none"> Submit application form with personal references and participate in an interview with program staff. 	<ul style="list-style-type: none"> Submit application form with police check and personal references. Interview with program staff.
Training	<ul style="list-style-type: none"> Pre match training session with other mentees. 	<ul style="list-style-type: none"> Group interview/pre match training session with other mentors.
Mentoring	<ul style="list-style-type: none"> Mentors & mentees will be involved in a series of 1:1 meetings; at least once every two weeks for 1-2 hours over 5 months, a total of 10 meetings. Three to four meetings will be facilitated group sessions with other mentors & mentees focussing on specific area of interest i.e. relationships, working, hopes and dreams. Other meetings will be meetings between individual pairs of mentors and mentees. Mentors and mentees will arrange these meetings together. 	
Closure & evaluation	<ul style="list-style-type: none"> At the end of the mentoring program; mentees and mentors will participate in a final interview to work out boundaries for future contact, where to from here for the mentees and participate in the evaluation process. 	

Mentees and mentors will be invited to attend an event at the end of the mentoring relationship to acknowledge and recognise their involvement and the contribution to the program.

For further information please contact Down Syndrome Victoria on 1300 658 873 or email info@dsav.asn.au.