



*Daar doe ik aan mee!*



# Thuismaatjes

HomeBuddies

# What is Thuismaatjes?

Children and adults with disabilities sometimes need support in undertaking daily activities. Whether to do something together at home or just to get out and about.

Their caregivers could also use some help from time to time.

VTV's Thuismaatjes (HomeBuddies) buddies programme therefore provides a buddy matching service. Whether you need, or would like to be a volunteer, we always take your wants and needs into consideration.

Thuismaatjes offers a listening ear, provides information about facilities and possibilities and can deploy various forms of support, or help with further referrals if necessary.

## **Thuismaatjes works for (family/caregivers of) people with:**

- mental disabilities,
- physical disabilities,
- non-congenital brain injuries,
- chronic illness,
- a form of autism.

## **What Thuismaatjes offers:**

- Recreational buddy: doing fun activities in- and outside the house.
- Nanny buddy: babysitting or caring for children with the family for an afternoon or evening.
- Buddy to play with: for example, playing a game or doing crafts together.
- Host parent: a child stays with a host parent for (part of) a day or a weekend.



## Thanks to Orlando, Jolanda has more time for herself.

Jolanda cares for her 35-year-old son Roelof with autism spectrum disorder. Roelof lives independently, but needs help with organisational tasks. He is unable to form friendships on his own. Jolanda is very happy with Thuismaatje Orlando.

Roelof and Orlando often plan a daytrip together using different types of public transport. Sometimes they stay indoors and chat, or run an errand together. Jolanda is relieved. Thanks to Orlando, she has more time for herself, knowing that Roelof has a trusted buddy.

# How we work.

VTV Thuismaatjes looks for a suitable buddy, babysitter or host parent. Sometimes this takes a while, as there is not always a suitable volunteer available immediately. A Thuismaatjes consultant first conducts an intake interview at the applicant's house. This is followed by an introductory meeting with the help applicant and the volunteer under the guidance of the consultant.

Appointments made during this meeting are flexible and can be adjusted in discussion with the consultant. After concluding a service provision agreement, the consultant remains available for support and advice. Especially because we work for people with disabilities, we would like to make a suitable, long-term match. In other words, a personalised buddy.

## Looking for a tailor-made Thuismaatje?

Then please contact us. After your application, a consultant from Thuismaatjes will visit you.

Together we will explore how VTV Thuismaatjes can help.





“I advise parents to ask for help”.

Fatima has been visiting Linda on a weekly basis since a few months now. They go to the park together on the tandem bike, play tag, or look for happy stones. Linda thoroughly enjoys it.

She is already waiting at the front door when she hears that Fatima will be arriving soon. Linda's mother thought it was a big step to ask for help. Now she advises all parents who have a child with a disability to ask for help through VTV Thuismaatjes.

# Don't be just somebody, be someone's HomeBuddy!

Are you our next Thuismaatje? We are always on the lookout for new volunteers to join our team. You can also put in a joint application, if you'd like to be a Thuismaatje together with your own buddies. You can bring along a friend, sibling or partner, for example.

Thuismaatjes usually have experience or a natural affinity with children and/or adults with a disability. Some of our current volunteers have received special training or education on the topic, others are looking to learn as they go. Whether you have experience with caregiving or if you're looking to gain experience, our consultants would love to discuss the possibilities with you.

All incoming volunteers are offered an introductory training, as well as additional workshops and info sessions. These are all geared towards increasing our volunteers' expertise, sharing of best practices amongst each other, and most importantly – celebrating the joy that volunteer work can bring! Would you like to become a Thuismaatje, but you're not sure how often you'd be available or how much time it will consume? No problem at all. Together with the consultant and applicant, you get to decide on a frequency and timeframe that works best.

Please note that VTV Thuismaatjes will submit an application for a certificate of conduct (VOG) on behalf of our volunteers.

**A volunteer Thuismaatje has experience or affinity with children or adults with disabilities.**







# An active Thuismaatje for Werner

Werner is 38 and is on the autistic spectrum. He lives independently and has a nice workplace, but he didn't have someone to do sports activities with. Recently, Louis, a 25-year-old international student, has been in regular online and offline contact with him, after registering as an volunteer with Thuismaatjes.

When they have challenges in understanding each other in Dutch, they try in English. They always manage to find ways to communicate. Together they regularly enjoy indoor rock climbing, and are considering trying cycling together soon.



**Volunteer as, or looking for a Thuismaatje?**

**Please contact us: [www.wijzijntv.nl/thuismaatjes](http://www.wijzijntv.nl/thuismaatjes)**

Did you know that VTV also offers various group activities and, with the help of our beweegcoach, personal guidance towards a suitable sports or exercise activity?

**Check out our website: [www.wijzijntv.nl](http://www.wijzijntv.nl)**



*Let's do it!*

**VTV Regio The Hague**

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