

## **FFRA** **PRESS RELEASE**

### **“REACHING FOR THE ABILITY”**

What is “Ability”? The dictionary describes it as: Possession of competence required to perform a necessary skill, and the capacity to do or act physically, mentally, legally morally, financially, etc.

Most all of us have the *ability* in life to perform various tasks, but we all vary as to the types of abilities that we are proficient at and the ones that we are limited at.

The average person has enough basic ability to function with the normal demands of life. But what about those of us that are without even some of the basic abilities to function in everyday life! Some of those persons might come under the category referred to as ‘Developmentally Disabled’, and they are in need of our help to get through life and acquire the basics needed to exist.

The FFRA (Families and Friends Reaching for the Abilities) is a support group for Developmentally Disabled Adults whose motto is, “Reaching for the Abilities”.

Their object is to provide an outlet for their clients to expand their confined parameters and to promote more opportunities and support.

Aside from the arts & crafts classes and meetings offered on a regular basis, there are many organized events throughout the year to encourage the caregivers and volunteers to help clients expand their presence within the community and to experience other facets of life that they do not ordinarily come into contact with.

This could be at art shows, museums, parks, and concerts, or at theme dances, movies, fishing or at any place where they might be encouraged to ‘join in’.

Here the clients get the opportunity and support of FFRA to nurture their interests and to reach for new and expanded abilities.

Along with their monthly meetings, the FFRA schedules a Guest Speaker to address everyone on a subject that is pursuant to the needs of the clients, caregivers and volunteers.

Through the efforts of all, the FFRA organization is experiencing a significant increase in the client’s interest to get involved, improve their communication skills, be a more content person, and increase their overall abilities.

The FFRA is a 501C3 organization who is encouraging the public to get involved in: Becoming a member, serve on the Board of Directors, hosting an Arts & Craft event, or provide any talents you have that might be useful.

Whether you have (or know of) an adult that is developmentally disabled, or if you’d just like to be a ‘volunteer friend’, please consider checking out the web site at [FFRACITRUS.ORG](http://FFRACITRUS.ORG) and/or contact Ms. Diane Phillips, President at 352-382-7819.

Our ‘Kids’ need your help in “Reaching for the Abilities”.



A Volunteer Member serves a client on Valentine's Day, one of many events organized by FFRA (Family and Friends Reaching for the Abilities) whose focus is helping the developmentally disabled