

Chicago Suburban Time Bank

Skills Assessment Form

WE HAVE VOLUNTEERS AVAILABLE TO HELP A NEIGHBOR:

- Do you need any of the services listed below? If yes, circle the SERVICE you're requesting and *circle RECEIVE next to it.*

WERE LOOKING FOR SKILLED NEIGHBOURS TO VOLUNTEER AND HELP YOUR NEIGHBOR FOR 1 OR 2 HOURS:

- Can you provide any of the skilled services listed below? If yes, circle the SERVICE and circle GIVE next to it.

What kinds of services are exchanged in a Time Bank? Time banking is simply about spending an hour doing something for somebody in your neighborhood. That hour goes into your Time Bank account as a Time Dollar. Then you have a Time dollar to spend on having someone doing something for you.

Health

- Caring for the sick, elderly or disabled (Give --- Receive) What did you do for them?
- Feeding and preparing special foods (Give --- Receive)
- Bathing, grooming & dressing (Give --- Receive)
- Companionship (Give --- Receive)
- Fitness & Exercise: Yoga, Aerobics, Weight lifting (Give --- Receive)
- Diet & Nutrition (Give --- Receive)
- Massage & Complementary Therapies (Give --- Receive)
- Mental Health Counseling (Give --- Receive)
- Medical Services: Doctors, Chiropractors, Dentists (Give --- Receive)

Office & Professional

- Typing, word processing, computer data entry (Give --- Receive)
- Answering phones and taking messages (Give --- Receive)
- Operating a switchboard (Give --- Receive)
- Filing & keeping track of supplies (Give --- Receive)
- Shorthand or speed writing (Give --- Receive)
- Writing business letters (Give --- Receive)
- Bookkeeping Give Receive
- Odd Jobs & running errands (Give --- Receive)
- Operating a cash register (Give --- Receive)
- Writing reports (Give --- Receive)
- Managing other people (Give --- Receive)

- Interviewing people (Give --- Receive)
- Legal Give Receive
- Product sales (Give --- Receive)
- Telephone sales (Give --- Receive)
- Door-to-door sales (Give --- Receive)
- Security Guard or crowd control (Give --- Receive)

Home Maintenance & Repair

- Housecleaning (Give --- Receive)
- Mopping, washing windows, vacuuming, dusting (Give --- Receive)

Garden & Lawn Care:

- Weeding, mowing, planting, pruning (Give --- Receive)

Plumbing:

- Fixing leaky faucets, unclogging drains (Give --- Receive)
- Installing appliances, faucets, and fixtures (Give --- Receive)

Walls & Floors:

- Painting & wallpapering (Give --- Receive)
- Knocking out walls (Give --- Receive)
- Floor sanding or stripping (Give --- Receive)
- Build room additions & install windows (Give --- Receive)
- Install insulation (Give --- Receive)
- Drywall & taping (Give --- Receive)
- Install carpets (Give --- Receive)
- Install wood floors (Give --- Receive)
- Plastering (Give --- Receive)
- Tile work (Give --- Receive)
- Carpentry skills (Give --- Receive)
- Cabinetmaking (Give --- Receive)
- Roof repairs (Give --- Receive)
- Electrical Repairs (Give --- Receive)

Appliance Repairs:

- Dishwashers, washers, dryers, refrigerators (Give --- Receive)
- Bricklaying & Masonry (Give --- Receive)
- Soldering & Welding (Give --- Receive)
- Furniture Repair (Give --- Receive)
- Installing/repairing heating & cooling system (Give --- Receive)
- Repairing radios, TVs, VCRs, etc. (Give --- Receive)
- Installing/repairing alarms or security systems (Give --- Receive)
- Car maintenance (Give --- Receive)

- Car repairs (Give --- Receive)

Family Care

- Caring for babies under a year (Give --- Receive)
- Caring for kids 1 to 6 (Give --- Receive)
- Caring for kids 7 to 13 (Give --- Receive)
- Working with teens (Give --- Receive)
- Caring for elderly parents (Give --- Receive)
- Taking groups of people on field trips (Give --- Receive)
- Pet care (Give --- Receive)

Transportation

- Driving a car or van Give Receive
- Driving a school bus Give Receive
- Driving a taxi Give Receive
- Delivery work Give Receive
- Running errands Give Receive

Other

- Sewing (Give --- Receive)
- Upholstering (Give --- Receive)
- Dressmaking and/or tailoring (Give --- Receive)
- Knitting and/or crocheting (Give --- Receive)
- House and furniture moving (and packing) (Give --- Receive)
- Assisting in the classroom (Give --- Receive)
- Hair dressing and/or cutting (Give --- Receive)
- Doing phone surveys (Give --- Receive)
- Music (Give --- Receive)
- Singing (Give --- Receive)
- Do you play an instrument? (Which one) (Give --- Receive)

Community

- Have you ever organized or participated in any of the following community activities? Please check the ones that apply and write yes if you would like to participate in any of them again in the future.
- Boy Scouts/Girl Scouts (Give --- Receive)
- Church or community organization fundraisers (Give --- Receive)
- Bingo (Give --- Receive)
- Rummage or yard sales (Give --- Receive)
- Church suppers (Give --- Receive)
- Parent-Teacher Organizations (Give --- Receive)
- Sports Teams – coaching or playing (Give --- Receive)
- Camping trips with kids (Give --- Receive)
- Field trips (Give --- Receive)

- Political campaigns (Give --- Receive)
- Community gardens (Give --- Receive)
- Neighborhood clean-ups (Give --- Receive)
- Community groups (Give --- Receive)
- Other groups or community work (Give --- Receive)