

# COURIER IMPACT



## Jodie

Good Foot has meant so much to me. I started working at Good Foot three years ago. Before Good Foot, I fed my neighbours cats once a week, and volunteered at Clinton School, helping one of my favorite teachers in her kindergarten class. I also worked as a PSW in seniors homes, through several placements at George Brown College. I heard about Good Foot through a friend of my sister's, and I decided that I wanted a change.

**I've gained a lot of independence at Good Foot through learning how to manage orders and carry deliveries.** Being independent on the TTC has also been a big accomplishment for me. I used to use the TTC between nursing homes, but I've gotten much better at it. Good Foot has also given me skills in customer service. I especially enjoy delivering to and from Beanfield, because the main person there is really nice and has a really cute dog named Beans, a golden retriever!

I really enjoy the social activities at work, like tie dye, karaoke, movie nights, and bowling. It's nice to have a good social circle with everyone. I haven't had social events at other places where I've worked. Being on the Scotiabank and Pride Run teams has also been really fun. **It made me feel good to see how much my friends supported me when I was raising money for Good Foot.**

During the pandemic, I had to take a break from being a Courier. With my mom, I have been taking care of my grandfather, who's 96 and has Dementia, so I had to be extra safe. I enjoyed playing cards, doing puzzles, watching movies and walking with him. I cooked a lot during the pandemic with my mom. I also really looked forward to the regular Good Foot social Zoom calls.

Now that it's safe, I'm excited to get back to work as a Courier. **It means a lot to me to be able to earn my own money and be more independent.** Working at Good Foot has helped me earn money so I can make my own decisions about where to shop and what things to buy. It's nice having all my Good Foot friends share stories about what they like to do and how they spend their time. It helps give me a bit of a different perspective. I've also been helping out with some of Good Foot's new video shoots, which have been a lot of fun.

Autism is interesting because there is such a spectrum! **People have so many different abilities and talents, and it's nice to work at Good Foot where they know that.** It makes for a nice work environment.

