

COURIER IMPACT



Zachary

I graduated from university in 2014 and struggled to find work for the first year. I wasn't being paid to volunteer and I needed work. My cousin's friend was a social worker for a Jewish organization that helped people with special needs, and she recommended Good Foot to me. By November, I'll have been at Good Foot for 8 years.

Having this job gives me a sense of independence and makes me feel like I'm contributing to society. I'm on ODSP, which only provides monthly money if I'm working, so having stable work is really important to me.

A lot of placements only last a few years, so Good Foot has given me a lot of job security. I have a consistent routine here, and I know that I can stay for as long as I want, around people that I really like. I've made a lot of mistakes through the years, but Good Foot has kept me on and helped me work through those mistakes, instead of giving up on me.

At Good Foot, I know what's expected of me at every shift. In previous jobs, I would wander aimlessly, not knowing what I should do, and I was often distracting to my co-workers. I'd go crazy from the boredom. But Good Foot is very orderly, and I like that structure and control. There will be down times, but I know there will always be another delivery waiting.

That structure helps me outside of Good Foot as well. I had problems with sleep for years, but if I have work to do, I'll get up on time. **I'm also better at being honest with myself and my co-workers.** I know that if I need to, I can message the team and let them know if I'm not feeling well enough to work. I wouldn't have had the confidence to do that before in other workplaces.



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Good Foot has given me a lot of confidence and tools, especially with my sense of direction and knowledge of the city. I used to constantly get lost on the TTC, but now I know how to check maps and orient myself. I can even get to appointments on my own now. I still live at home, so I'm not fully independent yet. I still need a lot of prompting to do things, but I'm also getting better at setting boundaries for myself.

I'd like to get another job alongside Good Foot soon. Right now, my second job is at a grocery store, but I'd really like an online writing position – something in marketing or communications. Good Foot has been helping me with that. They got me set up with OwlWare, which is an online accessible media program that helps me write. **Through In, Up, and Out, they also helped me get an internship at the Toronto Jewish Film Festival, which I wouldn't have found on my own. I write a blog as well, which I'm very proud of.**

I wish people knew that people with autism need to be treated with respect, just like everyone else. People on the spectrum are good and bad at different things, and that's okay.