

## About ISAND

Integrated Services for Autism and Neurodevelopmental Disorders (ISAND) is a registered charity that provides treatment and support to children and young adults living with autism spectrum and neurodevelopmental disorders.

Many children and young adults with ASD can achieve significant improvements with support from the ISAND team. The generosity of donors and sponsors makes it possible for ISAND to offer services regardless of a family's ability to pay the full cost.

Your participation in the ISAND Bowl for Autism means that more children have the chance to discover their potential.

## Supporting the entire family

The ISAND team works with parents and caregivers to achieve the best potential for their children. This means working together closely to ensure services are coordinated, timely, and effective.

ISAND'S comprehensive range of services are available under one roof so families don't have to travel to multiple locations to receive the care they need. ISAND services include:

- Developmental paediatrics
- Speech and language therapy
- Occupational therapy
- Psychology
- Social Work
- Parent coaching
- Behaviour
- Educational consultations

## Individual Fundraising

Here are some helpful tips for individual team member fundraising:

- Set your personal fundraising goal.
- Make a list of all the people you know. Include family, friends, co-workers, neighbours, former classmates, church members, suppliers, and more. Tell them why ISAND is important to you and ask them to pledge you.
- Start by asking for a generous pledge from a friend or family member to help set a standard for other pledges.
- Personalize your pledge page and message at and email it to everyone you know.
- Find out if your company will match the pledges you receive, or if they will pledge you individually
- Take on a pledge challenge to help you reach your goal. Ask people to pledge you if you do something daring like shave your head or colour your hair. Blue is always a popular hair colour with ISAND supporters!
- Consider putting a link to your personal pledge page in the signature block of your personal or business corporate email – you'll reach an even wider audience.
- Ask family and friends to help solicit pledges on your behalf.



## Set a personal fundraising goal

How to raise \$150 or more! – Goal Setting Example:

Factors for Success	Individual Goal \$150	Individual Goal \$250
Ask a parent or your significant other for a pledge	\$50	\$50
Ask a friend to pledge	\$50 (2 friends @ \$25 each)	\$75 (3 friends @ \$25 each)
Ask a relative to pledge you	\$25	\$50 (2 relatives @ \$25 each)
Ask a co-worker to pledge you	\$25	\$75 (3 co-workers @ \$25 each)
Total Raised	\$150	\$250

## Social Media

Use social media to reach out to your wide network of friends and colleagues, and help your fundraising efforts:

- Update your Facebook status and explain why you are fundraising for the kids of your community. For an extra push, post your links on your friends' walls.
- Use Twitter to share what you're doing and tell people why they should sponsor you; ask your followers to retweet your link so it reaches their followers too. Use our event hashtag: **#ISANDbowl2016**.
- Take photos of your team or some of your fundraising initiatives and share them on sites like Instagram or Pinterest. Show people what you're doing and why they should support you. Don't forget to link to your page!