## Essential Capabilities of ICARE Volunteers

## **Physical Abilities:**

**Quick Reflexes and Using Hands Together:** Imagine opening a cage door while taking care of an animal inside.

**Fancy Finger Work:** Being really good with your hands, like putting on a leash for animals and using small tools.

Walking on Rough Ground: Being able to walk on bumpy, muddy, or slippery paths without any help.

**Bending and Squatting:** Being flexible enough to bend down and pick up an animal or put a leash on them.

**Standing Strong:** Being able to stand for a long time without getting tired.

**Regular Vision:** Having good eyesight to move around safely, understand animal signals, and read notes about them.

**Super Hearing:** Being able to hear if an animal is scared or in pain, and also noticing important sounds like alarms.

**Talking and Writing Skills:** Being able to talk and write in English.

**Moving in Small Spaces:** Being able to move around even in tight spots.

**Dealing with Smells and Messes:** Being okay with bad smells, like from animals or cleaning, and even dealing with yucky things like fleas and poop.

**Loud and Proud:** Being comfortable in a noisy environment.

**Reaching High and Low:** Being able to get things from high shelves and low cupboards, even using a step stool.

**Lifting Animals:** Being strong enough to lift small and medium-sized animals, like puppies and cats (up to 50 pounds).

No Worries with Germs: Not getting sick from animal-related sicknesses like ringworm and mange.

Mental Abilities:

**Following Directions:** Understanding and remembering what you're told to do.

**Problem-Solving Star:** Being great at figuring out solutions to problems.

**Knowledge About Animal Feelings:** Knowing when animals might be upset, and staying calm and caring around them.

**Learning and Growing:** Being open to learning new things and getting better, even when you're given feedback.

Remember, you've got this! If you're good with these abilities, you'll do an awesome job taking care of animals and working with them.