



How to Start a PAL Chapter

PAL Canada is the national “umbrella” organization that represents and supports the individual PAL chapters across Canada. Each PAL chapter has its own unique requirements, which are defined by the needs of their local community of professional and performing artists (and individuals from allied industries).

Depending on the chapter, the focus may be to provide and sustain quality affordable housing for seniors and/or challenged individuals within their professional and performing arts community. Alternatively, some chapters may not require accommodations, but do need support for their members. This support typically takes the form of a volunteer-driven team known as *Supporting Cast*.

Supporting Cast is a group of volunteers who offer personal assistance to PAL members so that they can continue to lead meaningful, independent lives in their own homes. These services may include: assistance in dealing with community agencies and health care providers, rides to medical appointments, running errands and light housekeeping. Supporting Cast volunteers offer companionship and a friendly sympathetic ear, but also serve to check in with members who are on their own. Depending on the chapter, they may also organize weekly or monthly group activities that allow solitary members to get together with their peers.

How to determine if your area needs a PAL chapter:

- A growing community of professional and performing artists (and individuals from allied industries) who are aging or disabled.
- This community requires support in the form of Supporting Cast, and/or
- This community requires support in the form of affordable housing

If you believe that your area needs a PAL chapter, please contact PAL Canada at: info@palcanada.org

Let us help you get started.