



## Best Buddies Citizens Program Overview



### What is the Best Buddies Citizens Program?

The Best Buddies Citizens Program matches adults with intellectual and developmental disabilities (IDD) in one-to-one friendships with adults without IDD in the community. By spending time with one another, the lives of both individuals are enhanced through a mutually-enriching friendship.



### How are Buddy Pairs matched?

We match buddy pairs based on a number of factors – including geographic location/proximity, age range, shared interests and hobbies, and other individual preferences that are conveyed in the matching process. Buddy pairs are matched for a minimum of a one-year commitment.



### Who is eligible to join the Best Buddies Citizens Program in Washington?

Anyone over the age 18 who lives in the Greater Puget Sound region – including King County, Pierce County, and Thurston County. Each participant must complete a background check to participate in the Citizens program.

## How do I join the Citizens Program?

1

### Submit an Online Membership Application

- Go to: <https://www.bestbuddiesonline.org/Citizens/CitizensMemberApplication.aspx>
- In the “**Available Programs**” dropdown, choose “**Washington: Seattle**”.
- At the bottom of the page, click the “**Member Application**” button.
- Click “**Continue**” and complete the membership application prompts.

2

### Complete the Matching Questionnaire

Matching Questionnaire Link: <https://forms.gle/Hm9BeL9fTYqPhGom8>

Questions? Contact Erica Brody at [ericabrody@bestbuddies.org](mailto:ericabrody@bestbuddies.org)



[Best Buddies Washington](#)



[@bestbuddieswash](#)