



# HELPING HANDS<sup>SM</sup>

## MONKEY HELPERS

### OUR ELIGIBILITY REQUIREMENTS

The recipient-service monkey partnership is an interactive relationship. Clients must be able to direct the care and behavior of their service animal, and follow guidelines in training, health, and diet for their monkey in order to be successful. Applicants must meet all of the following requirements:

- 1 You are at least one year post-injury or post-diagnosis.
- 2 You can identify a reliable family member or caregiver who agrees to assist in the daily care of the monkey.
- 3 You spend most of your time at home.
- 4 You have sufficient motor ability to control a manual or electric wheelchair.
- 5 You have unimpaired cognitive function.
- 6 You are responsible, mature, and over the age of 18.
- 7 You can communicate verbally and in English.
- 8 There are no children under the age of 12 living in your home.
- 9 You are motivated and committed to apply for and provide long term care for a service animal.
- 10 You are patient, adaptable—and have a sense of humor.

Please note that the presence of certain impairments may disqualify an applicant from receiving a monkey helper:

- Significant psychiatric or emotional impairments
- Individuals who are ventilator dependent
- Blindness
- Deafness
- Heart conditions or seizures

### MARYANNE & JESSICA'S STORY

In 2007, Maryanne was diagnosed with a blood clot in her spinal canal that resulted in paralysis and changed her life forever. At the time, she was working as a massage therapist and instructor, a career she had enjoyed for over 20 years. Maryanne experienced a dramatic change in her lifestyle when she lost her ability to walk, including the challenges of making her home accessible and learning how to become more independent.

In 2010, Maryanne became our 150th recipient when the Helping Hands team matched her with Jessica, her monkey helper. She describes how Jessica has impacted her life by writing:

*"Has having a monkey helper changed my day to day life? Absolutely! Each morning I open my eyes and see her sweet face, and her sounds are like music to my ears. We're a team, she and I, helping each other throughout the day. Having Jessica has put me back in a caregiver role again and given me purpose. That purpose distracts me from the pain, loneliness and isolation I found in the wheelchair."*

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[www.monkeyhelpers.org](http://www.monkeyhelpers.org)

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**Service Animals for Adults Living  
with Spinal Cord Injuries  
and Other Mobility Impairments**

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## ABOUT HELPING HANDS: MONKEY HELPERS

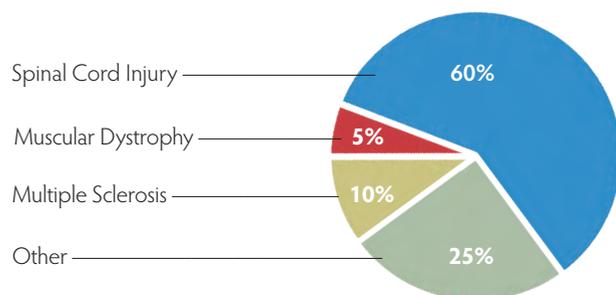
Since 1979, Helping Hands: Monkey Helpers for the Disabled, Inc. has been serving adults with spinal cord injuries and other mobility impairments by matching them with a professionally trained service monkey to provide in-home assistance with daily tasks.

Helping Hands service monkeys bring more than just a willing set of nimble hands to their recipients. They also bring the emotional benefit of the human-animal bond. Our work encompasses all aspects of this service:

- We raise, train, and match the monkeys with carefully chosen recipients
- We provide extensive coaching and customized in-home training at the start of each placement
- We oversee each monkey's lifelong behavioral, nutritional, and medical needs
- We provide ongoing active support and mentoring for every partnership and retain ownership of each animal throughout his/her life

## WHO WE SERVE

The following is a breakdown of our active placements throughout the U.S.



*“Although Kathy helps me stay functional, I also value our relationship and the companionship that she provides. She is always with me and I can’t possibly feel sad or lonely when she is around.”* – Michael, Maryland

## OUR APPLICATION PROCESS

We aim to make 6-8 new placements each year. Our service monkeys are placed at **no cost** to recipients and we provide a lifetime of active placement support to each team.

**Step One:** Read and understand our eligibility requirements

**Step Two:** If you meet all of the eligibility requirements, you may submit an online inquiry form or write us a letter describing how you meet the requirements

**Step Three:** Receive and complete a formal application

**Step Four:** Provide personal and medical references

**Step Five:** Make a home video

**Steps Six and Seven:** Participate in phone interviews and a home visit

Helping Hands staff members guide applicants through this process step-by-step. We are here to answer all of your questions, and to ensure that we get all the information we need to determine if you are an appropriate candidate, and if so, to match you with the perfect monkey helper for your needs.

If you are interested in learning more about our program, please visit:

[www.monkeyhelpers.org](http://www.monkeyhelpers.org)  
or email [apply@monkeyhelpers.org](mailto:apply@monkeyhelpers.org)



## WHY A MONKEY?

Helping Hands service monkeys are highly trained and uniquely able to perform certain tasks that no other service animal can accomplish. Capuchin monkeys are a great match for our clients because of their small size (6-9 pounds as adults), dexterous hands, fine motor skills, and long life span. Our monkeys are trained to:

- Retrieve dropped or out of reach objects
- Turn on/off light switches/push buttons for TVs, computers, and other electronics
- Help with a drink of water
- Turn pages of a book or magazine
- Scratch itches
- Reposition limbs on a wheelchair

Equally important to all of our recipients is the companionship, joy, and laughter that our monkeys provide which can help alleviate feelings of loneliness and depression.

Please note there are some limitations to the range of tasks our monkey helpers can perform. They **cannot** assist with:

- Retrieving medication/pills
- Personal Needs—teeth brushing, catheters, bathing, or dressing
- Feeding and food preparation
- Dialing the phone
- Alerting an individual to an oncoming seizure or panic attack