



Gathering Place— Alzheimer's Care Team®

What to expect as a Volunteer!

Expectations

Volunteer time: 9:15 AM-1:30 (Program: 10:00 AM-1:30 PM)

Volunteer opportunities within the Gathering Place program are; partnering with a care partner (individual with memory loss), kitchen, arts/crafts, games, communication or publicity. Volunteer leadership positions include; volunteer care team coordinator or care team volunteer. There are two volunteer coordinators that work directly with a CarePartners Coordinator. There is a CarePartners Coordinator assigned to all CarePartners programs and volunteer care teams.

During activities be enthusiastic, engaging and encouraging to your care partner. Think of them as your best friend for the day. Provide your assigned care partner with a listening ear, attentiveness, compassion, support and care. Engage in conversation!

DO NOT leave your care partner. If you need to leave, get another volunteer, one without a care partner already, to be with your assigned care partner until your return. A care partner should NEVER be left unattended/alone.

The Day Ahead

Greeting – When they first come in

Walk up to the person you are going to be working with and tell them how glad you are to see them and SMILE.

Crafts

You are assisting, not doing the craft, with your care partner. Offer to assist, hold something, find the next item for the craft, and make suggestions, whatever they need to be successful at the craft.

Entertainment

Entertainment may be presented where the care partners are the audience. Participate when appropriate. We welcome everyone to participate in dancing and signing. Some care partners may or may not want to participate, use your best judgement on encouraging them to participate. Some may or not be able to sing or dance. Some are very frail and will push themselves anyway. That's ok, it's their choice. As a volunteer be prepared to get up and dance or just watch.

Lunch

Make every effort to visit with your care partner at lunch. It's helpful to talk about what is on the plate so your care partner is aware of what they are eating. Maybe talk about food likes, dislikes, most favorite, and this is also a great time to broaden the conversation. This is a great time to socialize with other care partners and volunteers at your table.

Games

After lunch we may move to large motor activities such as balloon volleyball, putting a golf ball, batting, chair exercise, parachute, puzzles, etc. Bingo is a great way to end the day as well. Encourage them to participate as much as they can. Again, your enthusiasm and participation make a positive difference.

Finishing the day

Stay with your care partner until someone picks them up. Smile, tell them what a great day you had, recall fun things you two did during the day, tell them you loved spending time with them; Because You Did!



Second Family Program— Second Family Care Team®

What to expect as a Volunteer !

As a Second Family Care Team member your goals may vary. Your role may be to relieve a primary caregiver who needs a couple hours of respite. You may choose to support more than one care partner who is a part of the Second Family program. Programs are adopted by congregations as a ministry to caregivers and their loved ones who are at home. Time spent with a family is decided by the volunteer and mutually agreed upon by the family caregiver. Volunteer hours are submitted to the CarePartners Coordinator monthly.

Some activities may include:

- Help with errands
- Offering occasional transportation to activities or errands with the care partner
- Offer companionship, games and fun activities
- Walking, gardening, physical exercise (if applicable)
- Offer reading, devotional, listening ear, etc.

As a Second Family Care Team member you will be a part of a much needed *ministry of presence* that offers practical and social support, both for our care partners and for their family caregivers. Volunteers should not provide skilled care such as nursing, homemaker, attendant, hospice or personal care services.

As a part of the Second Family Care Team® you will be asked to do the following:

Provide support to your care partner by using your unique gifts as a member of a care circle that works together to fill in the “gaps” that sometimes exist in the lives of seniors, the chronically ill or those who live alone.

Whenever possible, join the Second Family care team at monthly team meetings. Commit to two or three hours a month in time spent with your care partner.

Keep your care circle leader, care partner’s family, and our assigned CarePartners Coordinator informed of any concerns you have or changes you may encounter.

Remember that you are a part of a team and that yours is a “bite sized commitment”. Always feel comfortable about the need to re-schedule or about trading dates with another care circle member.



Common Ground- What to expect as a Volunteer !

Licensed Facilitator:

Should have an LPC, LMSW, LCSW, or similar license and/or training in group facilitation

Provide for and discuss the confidentiality of the participants and their discussions

Facilitate productive discussion in groups

Create and maintain an emotionally safe environment for sharing

Provide discussion topics where needed

Find or suggest resources which may not have been offered in the group discussion

Assist in collecting information profiles from new group participants and attendance sheets

Provide to CarePartners an overview of the group's progress and provide monthly updates, including group needs that may not have been met.

Be able to commit a minimum of 2 hours per month for each meeting (1.5 hrs for meeting, 0.5 hrs preparation, reporting. Time may vary slightly depending on number of participants and their caregiving situation.)

Lay or Co-Facilitator:

Has had the experience of caregiving and whose caregiving journey is finished

Is willing and able to connect with group participants once or twice per month, outside the group experience

Ensures the meeting space is set up prior to the meeting time

Helps coordinate the coffee, tea, and snacks provided to meeting attendees

Helps to greet attendees and orient them to the meeting area; i.e. bathrooms, etc.

Ensures all participant profiles and attendance sheets are completed and sent to CarePartners shortly after each group meeting

Is willing to share their experience of caregiving when necessary, in order to help facilitate connection to meeting participants and provide empathic response

Supports the Facilitator in maintaining productive discussion in groups

Is able to commit about 3 hours per month (1.5 hrs for meeting, 1.5 hours for phone calls and paperwork. Time may vary depending on number of participants and their current caregiving situation.)

CarePartners will provide support and resources as needed or requested by the facilitators. Each team will be assigned a Care Team Coordinator from CarePartners for support and resources. The CarePartners Coordinator will provide all the necessary profiles, surveys, and attendance sheets to the facilitation team. Support will also be provided in the form of caregiver workshops, educational workshops for volunteers, and other resource rich opportunities.



Caregiver Conference- What to expect as a Volunteer !

Caregiver conference volunteer opportunities include day of events; registration table, kitchen, exhibitor assistance, set-up, clean-up, survey assistance, greeter, etc.

Caregiver conference workshop presenter volunteer opportunities. Full day conferences include between 15-25 different workshops that are relevant to caregivers who are caring for older adults. Half day conferences include between 3-10 workshops. We also have workshops throughout the year that may be 1-2 topics. All workshop presenters must go through a process to be included as a workshop presenter.