

GREATER TRAIL AREA HOSPICE VOLUNTEERING OPPORTUNITIES:

Nav-CARE Volunteers

- Help clients who have just received a life-limiting diagnosis, or who have chronic life-limiting disease, navigate the changes and challenges that their conditions will bring. Nav Volunteers can help the person establish an Advance Care Plan, think about the appropriateness of their environment, discuss emotions that arise, encourage independence and decision-making, and help them remain connected with their community.
- Location: in community
- Training: 6 online modules and an in-person workshop day.

Friendly Visitor Volunteers

- Support people who have life-limiting illness and who are isolated from their communities or who have minimal support systems. These persons are approaching the end of their life, but may have a shorter number of years to life.
- Location: in community or in long-term care facilities
- Training: Basic Volunteer Training 30 hours

End of Life Volunteers

- Provide bedside vigil when people are close to death or provide respite time for family members and caregivers who are becoming tired and need a break.
- Location: in client's home; in hospital; in long-term care facilities
- Training: Basic Volunteer Training 30 hours

Grief Support Volunteers

- Provide grief support (not counselling) for any adult who has experienced a major life loss. This may be short or long-term depending on client need.
- Location: in community; in hospice office
- Training: Grief Support Training 30 hours

ACP Volunteers

- Provide individual or group education about the importance of Advance Care Plans and how to create one.
- Training: by experienced ACP volunteers

Hospice Board Members

- Provide direction for the overall hospice program based on the mission and values statements of the Greater Trail Hospice Society.
- Hire, support and monitor Hospice staff.
- Provide input through committee participation.
- Given Board Orientation package.

NOTE: 'Client' may include an individual person as well as the person's caregiver and support system.

ROLES OF A FRIENDLY VISITOR VOLUNTEER

These clients have more stable health conditions, but still live with life-limiting illness that can change at any time, and that is clearly progressing over time. They have minimal social contact with others or minimal support systems.

When people have a longer term relationship with volunteers, they are more likely to be amenable to hospice services towards the end of their life.

1. **To increase social and emotional connection** with the goal of reducing risk of depression or dementia
2. To encourage the person to be as independent as possible given their health challenges
3. To encourage the person to take and keep control of their own life and needs
4. **To facilitate opportunities for life reflection and reminiscing**
5. To offer the opportunity to 'travel via Virtual Reality Glasses'
6. To provide opportunity for enjoyable activities, e.g. music, games, reading, etc.
7. **To help them 'make meaning' of their life and life changes**
8. Although death may not be imminent, **to get the person thinking about what would be important in their future** (e.g. things they might still want to accomplish; making sure they have an Advance Care Plan and have thought about their EOL wishes)
9. To offer the opportunity to record and leave messages for loved ones (video or digital voice)