



## Hospice Volunteers

Supporting people and families followed by the Palliative Care Program in community!

### About our Volunteers

Hospice Volunteers are an important part of the Hospice-Palliative care team approach to quality end of life care.

Volunteers assist in providing the person and family members referred for palliative care with emotional and social support.

All volunteers with the Hospice Society go through a detailed screening and training process to ensure they can meet expectations for their role including client safety and confidentiality.

Hospice volunteers are trained to be supportive, open and non-judgemental listeners. Their goal is to support you and your family with whatever activities might be important to you.

Volunteers cannot help with personal care or nursing care.

### Community Volunteer Services

#### Supportive Visiting

Volunteers can provide a friendly visit on a regular basis. Each person will be matched with a single volunteer or a team of volunteers based on their particular needs.

#### Food From The Heart Delivery

We love for our clients and their families to come to our Hospice Centre to pick up their Food From The Heart cards. However we realize that some people may not be able to come to us for a variety of reasons. We can organize to have a volunteer deliver your cards to you on a biweekly basis.

#### Practical Support

You may not need a friendly visitor but you have a specific job or task that you and your family just cannot manage right now. We can try and pull together a team of volunteers to help you. Examples of things we can help with are yard cleaning, weeding gardens, etc.

If you think you may want a volunteer our volunteer coordinator will come out to meet you and discuss this further.

### What can our volunteers do?

- Help you write letters or keep a journal
- Arrange to contact loved ones through Skype, email or facebook
- Join you for some fresh air and sunshine
- Read with you or bring in special books/magazines for you
- Share in your favorite craft projects
- Help you to document your life adventures or special memories
- Sit with you while your loved ones take a few hours to re-charge
- Provide an opportunity to share fears, worries and issues of importance with someone outside the immediate family
- Share in activities that are enjoyable for you, such as playing cards or sharing stories
- Or if you are not feeling up to an activity a volunteer can just sit with you, maybe hold your hand so you don't feel alone.