

Being a Volunteer for Alzheimers

Alzheimers Eastern Bay of Plenty, relies on volunteers as key contributors to the services it delivers supporting people affected by dementia/alzheimers.

Services Alzheimers provides include:

- Support in homes and residential care settings for people with dementia, their caregivers and their families/whanau.
- Education and training for service and community organisations to promote awareness of the needs of people living with dementia.
- Liaising and working with other services to best meet the needs of people affected by dementia.

Referrals are increasing and current service levels are below that required to meet these needs and volunteers are always needed.



Bill Gawn (left) with his volunteer Steve Joy doing furniture restoration

What Volunteers do

The volunteer can choose to have contact with people affected by dementia or may prefer to help with the administration and fundraising functions.

The range of volunteer activities include:

- Listening and chatting.
- Taking a person out to an activity they enjoy.
- Assisting/ supervising a task such as:
 - > gardening,
 - > baking,
 - > shopping,
 - > simple furniture restoration projects,
 - > watching sport,
 - > playing board games
 - > looking at books.
- Supporting the caregiver
- Providing transport to attend meetings, appointments etc.
- Helping with fundraising activities such as raffles, stalls, organising events e.g Christmas lunch, Awareness Week events etc.
- Administrative assistance.

Join a team that makes a difference

Being a volunteer can be immensely satisfying and rewarding as well as giving significant pleasure to those affected by dementia.

Who can volunteer?

Volunteers can be of any age and can choose from a number of roles to be involved with.

Volunteers can live anywhere in the Eastern Bay as services are provided in the Opotiki, Kawerau and Whakatane Districts including East Coast, Matata and Murupara.

An increasing number of men affected by dementia means that male volunteers have an important role to play as often men want to do gardening, mechanical, or tool shed activities which men usually have better skills in.

Enlisting Maori volunteers is particularly important to better serve the needs of Maori living with dementia in the Eastern Bay.

What is the commitment?

There are no set hours for volunteers to work.

Commitment of hours and tasks will be negotiated with each volunteer to suit individual circumstances.

A commitment to confidentiality is essential.

What training and support is available?

A full induction and training process is provided with ongoing training, support and supervision. An initial review for the volunteer will be completed after six months to provide the opportunity for the volunteer and their supervisor to discuss how the role is going.

Annual reviews form part of the ongoing support and feedback process.

Please **contact us** if you are interested in becoming a volunteer or want more information.