



Group Respite Support Volunteer

Overview:

Provide one-on-one supervision, socialization, and activity support for an older adult with early to mid-stage dementia or other chronic illness or disability within a designated group setting.

Service Impact:

Volunteers will fulfill DARTS mission of creating connections that enrich aging by allowing caregivers deserved time away from continual caregiving while their loved one is supported in a safe environment.

Key Responsibilities:

- Participate in DARTS Respite orientation and special respite training with the DARTS Volunteer Manager, Group Respite Facilitator, and Care Service team.
- Understand and follow the established DARTS Volunteer Guidelines.
- Provide individual activity support for one participant per group respite session as planned and directed by the Group Respite Facilitator. Have fun and enjoy the programming along with the participants!
- Stay with participant until caregiver returns at end of group respite session.
- Follow all COVID-19 guidance from federal and state health agencies to protect the health and safety of all program volunteers and participants. This includes cleaning activity program spaces after each session.
- Report all changes and concerns in participant health status to the Group Respite Facilitator or DARTS Volunteer Manager.
- Report monthly volunteer service hours to the DARTS Volunteer Manager.

Time Commitment:

- Sessions run twice per month at a designated group respite location for four hours per session.

Qualifications:

- Ability to follow activity programming instructions as directed.
- Patience and understanding of aging and memory issues.
- Good communication skills.

Supported By:

Group Respite Facilitator, DARTS Care Service Team, and DARTS Volunteer Manager.

Benefits:

- Opportunity to work with professional staff in the aging field.
- Gain new experiences and develop friendships.
- Foster self-fulfillment and strengthen our community by supporting others.

Updated 2022

