



## Individual Respite Support Volunteer

### Overview:

Support a family caregiver by spending time with an older adult who has a chronic illness or disability. You'll provide supervision, socialization, and fun for the older adult while the caregiver receives a break.

### Service Impact:

Volunteers will be fulfilling DARTS mission by supporting and allowing caregivers a brief time away from continual care giving.

### Key Responsibilities:

- Provide respite support by visiting and supervising care receiver.
- Provide a stimulating activity if appropriate. *\*Resources and activity ideas/supplies are available at the Volunteer Nook at DARTS*
- Stay with care receiver until caregiver, or other relief, is present.
- Report all changes in care receiver status and concerns about the caregiver to the Volunteer Manager.
- Participate in DARTS orientation & training, evaluation, and on-going communication with Service Coordinator.
- Understand and follow the DARTS Volunteer Guidelines.
- Report monthly volunteer service hours.

### Time Commitment:

- 2 to 4 times a month or on-call
- Up to 4 hours per time; decided between volunteer and caregiver

### Qualifications:

- Ability to understand caregiver needs
- Patience and understanding of aging issues
- Good Communication skills

### Supported By:

Assigned Service Coordinator and Volunteer Manager

### Benefits:

- Opportunity to work with professional staff in aging field.
- Gain new experience and friendship.
- Mileage reimbursement offered.
- Discover self-fulfillment and strengthen our community by supporting others.

