



WHO CAN BE AN INSPIRATION HOSPICE VOLUNTEER?

Men, women and teens of all ages and backgrounds join the hospice team to offer services to patients in their homes or in nursing homes. They often help to provide the emotional, psychological, spiritual and physical support patients need during their last months. Volunteers simply need a caring heart and a willingness to serve. Our extensive volunteer training program provides an awareness of patients' needs and prepares them to participate fully with the hospice team.

Volunteers are never asked to do something they are not comfortable doing. If the intensity of working with patients and loved ones is not the right fit, you can support our work in a host of other important ways:

Hospice Volunteers Work in the Office Too!

These duties include:

- Mailings and photocopying
- Preparing admission packets for the nurses
- Assembling Welcome Baskets for our patients
- Preparing for volunteer training
- Filing

HOW DO I GET STARTED?

If you are interested in becoming a volunteer, call today to schedule an interview with our Volunteer Coordinator, who will explain more about the application process, discuss the range of opportunities and advise you of the dates of our next training sessions. Call: 1-800-593-1317.



COMPASSIONATE, TRAINED VOLUNTEERS ARE THE HEART AND SOUL OF INSPIRATION HOSPICE.

Our volunteers offer terminally ill patients and their families comfort, support and companionship during a patient's most challenging days, weeks and months. Perhaps you have been touched by the experience of hospice care - either within your own family or through a friend, neighbor, or co-worker. Our volunteers report they are motivated by a desire to give something back, but soon find that the spiritual and emotional rewards they receive far outweigh the time and caring they contribute.

The gift of a volunteer's presence and concern provides our patients with an awareness that they are cared for and are not alone. Families and patients continue to express a deep appreciation for the selfless contributions of the many volunteers who visit their loved ones.



WHAT DOES A VOLUNTEER DO? Hospice Volunteers Can Do Just About Anything!



As a hospice volunteer you will be given choices as to how much and what types of things you want to do. Some examples of typical volunteer duties are:

- Listening to a patient's concerns.
- Being a comforting and supportive presence.
- Hold a hand. Bake a cake. Listen to cherished memories. Pat a shoulder. Give a hug. Touch a heart. Change a life (maybe your own).
- Engaging in the patient's hobbies; for example, playing a board game or discussing current events.
- Informing other hospice staff of the needs of the hospice patient and family.
- Running errands or doing light housekeeping for the patient and family.
- Encouraging the patient to tell her/his life story and recording it on cassette tapes provided for them.
- Allowing time for the caregiver to take care of her/himself.
- Providing bereavement support to families following patient's death. (Additional training provided.)
- Specially trained 11th hour volunteers spend time at the bedside while a patient is "actively dying," ensuring that no one dies alone.

WHAT TRAINING WILL I RECEIVE?

If you choose to work directly with patients and loved ones, you will experience the fulfillment of helping to support patients and families through one of life's most complex passages. All volunteers receive extensive training to ensure they feel comfortable with their tasks. Training covers the following areas:

- Philosophy of hospice care.
- A comprehensive overview of services offered by the hospice.
- Physical, emotional, social and spiritual issues that people can encounter at the end of life.
- Individual needs, including emotional support, emergency procedures, universal precautions and procedures to follow after the hospice patient dies.
- An overview of chronic and life-limiting illnesses.
- Effective communication skills when speaking with the patient and family members.
- Information about interpersonal family issues and relationships.
- Boundaries for the hospice volunteer and the patient and family.
- Basic information about grief and loss.

