



VOLUNTEER OPPORTUNITY

Friendly Visitor

Organizational Overview: Frog Hollow Neighbourhood House (FHNH) is a community service, non-profit organization serving the Hastings-Sunrise and Renfrew-Collingwood areas. Our mission is to empower local residents to improve our community together by connecting the community and strengthening their capacity to create change. We offer activities and services for seniors, adults, families, youth, and children, which are determined by the needs and interests of the people living in our community.

Volunteer Role Description

Volunteer Role: Friendly Visitor

Program/Project: Age Well At Home (AWAH) Project

Objectives:

- To help seniors live independently in their own homes by reducing social isolation and keeping them connected
- to their community.
- To improve the quality of life for seniors living in the Hastings-Sunrise and Renfrew-Collingwood neighbourhoods.

Key Responsibilities:

- Visit seniors on a weekly or bi-weekly basis in their home (as agreed).
- Stay for one or two hours as needed.
- Provide a friendly, listening ear.
- Accompany the senior on a short walk where appropriate.
- Respect confidentiality.
- Report any incidents and emergencies immediately to program coordinator.
- Conduct a health self-assessment before each visit.
- Attend all required orientation and trainings.
- Treat all seniors with dignity and respect.

Qualifications:

- Excellent communication skills
- Reliable and punctual
- Empathetic, compassionate and non-judgmental
- Sensitive towards seniors and people from diverse cultures

- Additional languages are an asset
- Criminal Record Check (CRC) will be required.

Schedule: 1-2 hours Weekly or Bi-weekly

Time Commitment: Ongoing basis, 6-month minimum commitment.

Benefits to Volunteer:

1) The opportunity to share your knowledge with and enjoy the resources provided by a social service organization to create an immediate and lasting impact for older adults in our community.

2) Exposure to a diverse and dynamic team of dedicated professionals, community leaders, and other like-minded individuals.

3) Fulfillment of graduation requirements- reference letter available upon request.

*Applicants for this volunteer role are required to provide **two** (non-family) reference and pass a criminal record check administered by FHNH.

Please apply by emailing your interest to volunteer@froghollow.bc.ca

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