



## VOLUNTEER OPPORTUNITY

### TAPS Wellness Connector

Therapeutic Activation Program for Seniors (TAPS) provides physical, educational, and recreational activities for frail older adults who have some health issues and experience isolation, anxiety, and loneliness. This program aims to connect these seniors to their local community, resources, and peers, as well as improving their overall well-being, increasing their sense of social connectedness, and reducing the use of home health care services, assisted living, or residential care services.

We are looking for responsible, outgoing, enthusiastic, patient, and caring individuals who are keen to work with older seniors. Criminal Record Check (CRC) is required.

**Position:** TAPS Wellness Connector

**Hours:** 3-month commitment (seasonal) / 5 hours (9:00am to 2:00pm) on Wednesdays

**Locations:** In-person at Frog Hollow Neighbourhood House @ 2131 Renfrew Street

#### Duties and responsibilities:

- Facilitate activities and provide a safe, inclusive, and trusting environment for older seniors to stretch their mental and physical muscles
- Ensure the safety of seniors arriving on site and leaving Frog Hollow
- Assist the preparation of lunch after the morning activity; coordinate the dietary needs of our participants
- Maintain confidentiality and security of all client information
- Attend program debrief session with the Program Coordinator & Staff to resolve any program logistic issues & improve program quality

#### Benefits for applicants:

- Gain experience working with older adults
- Make a positive impact for older adults in the community
- Explore a career with a local non-profit community organization
- Improve communication skills while working with an all-ages team
- Fulfill graduation requirements – reference letter may be available

#### Training & support provided:

- Comprehensive training on tips on how to work with seniors
- Regular Debrief Sessions with the Program Coordinator and/or Program Staff for problem solving, information sharing and case conferencing purposes

#### Qualifications:

- Friendly, enthusiastic, and passionate about community work
- Reliable with good communication skills
- Respectful and enjoys interacting with others in a multicultural setting
- Previous experience working with older seniors or have the passion to work with them
- Previous experience in facilitating activities and helping seniors with mobility limitations an asset
- First aid is an asset
- Fluency in another language (Cantonese/Spanish) is an asset

If you would like more about this position email [volunteer@froghollow.bc.ca](mailto:volunteer@froghollow.bc.ca)

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