Be *someone* for someone

Volunteering at CraigCare Residential Aged Care Homes

People volunteer for many reasons and in many different ways. Some use volunteering as a way to meet new people, make new friends or try something new. Making a difference to the community and having a sense of purpose are also great reasons for volunteering. Others volunteer as a way to gain new skills or add to their CV.

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What does *volunteering* at CraigCare look like?

There are different ways that you can be part of our Volunteer Program.

Volunteering in person – connect with our residents face-to-face

Volunteering even a small amount of time makes life that much brighter, for both you and the people you'll get to know. There are a number of ways you can volunteer:

- **1:1 Buddy** which could be as simple as coming in for a regular chat and a cuppa with one of our residents.
- **Activity Buddy**, which could include taking part in our home activities such as walking groups, board games, knitting groups, reading, reminiscence chats, gardening, baking, playing a musical instrument, driving the bus for social outings, or bringing in your pet for a regular visit.
- **Spiritual Support Buddy**, providing emotional and spiritual support to our residents and their families.

If you'd like to offer your expertise we would love that too, just let us know.

Volunteering virtually – connect with our residents through letter writing, phone calls or FaceTime

The COVID-19 pandemic prompted CraigCare to develop a virtual volunteer program to support our residents to expand their opportunity for social interaction, in a time when regularly being with family and friends and out and about in the community is not always possible.

By being a virtual volunteer we will connect you with one of our residents where you will have the opportunity to send emails or write letters or FaceTime, to provide a sense of social connection which we all know goes a long way in maintaining one's overall wellbeing.

Why volunteer with CraigCare?

- **It's flexible** – you can volunteer as much or as little as you like. There is never too little for us – your time is priceless.
- **It's fun** – you can choose to do the activities you love in the company of others. You can even choose to volunteer with a friend or hobby group you may already be connected with.
- I**t's rewarding** – you really are making a positive difference in the lives of our older folks. The experience can be inspirational and uplifting and you will build new and personal relationships.
- **It's a learning experience** – you will not only learn about the lives of our older folks, but also a lot about yourself.
- **It's socia**l – we celebrate our volunteers with social events throughout the year where you will get to meet other volunteers.

Help our residents to stay connected through meaningful friendships, conversation and mutual hobbies.

Getting started as a volunteer

You don't need experience to become a CraigCare volunteer – just a kind heart and enthusiasm. To get started all you need to do is:

1. Fill in the Expression of Interest form attached to this brochure. The more detail, the better!
2. Our Volunteer team will contact you to find out more about your interests, skills, availability and goals, to see if you are suitable for our Volunteer Program and to also help us match you with the most suitable residents based on shared interests, hobbies and background.
3. If you're happy to join our volunteer team, you'll agree to a simple reference, NDIS check plus Flu Vaccination screening and COVID-19 Vaccination screening checks.
4. If you are suitable, you will be sent a link to complete our online orientation session to learn more about CraigCare and our Volunteer Program.

If you are volunteering in-person, once all checks are received, we'll arrange your onsite induction.

Volunteers can access additional training as and when they need - for areas including dementia, safe movement, communication, and driver competency. Ongoing support will always be available to you.

"Why not? Volunteering is about giving something back to people who need a little help or companionship. One day you might find yourself in the same position, needing a bit of help."

Joan (CraigCare Volunteer)

To *Give* is to *Receive*

Our wonderful volunteers are cherished by our residents, families and staff, and we make sure we celebrate all they do. Apart from enriching the lives of our residents, as a CraigCare volunteer you are rewarded in so many other ways. You will:

- Help to maintain the happiness and wellbeing of our residents and make a real difference in their lives;
- Develop your skills, gain experience and explore new opportunities;
- Have the opportunity to connect with people from all walks of life; and
- Make new friends.

We welcome people of all ages and backgrounds.

Whoever said the small things don't matter has never seen a match start a *wildfire.*

Our volunteer Joan gives a little time each week but makes make a big difference.

When we asked Joan, one of our regular volunteers, what drives her to volunteer her time in our home she replied *"Why not? Volunteering is about giving something back to people who need a little help or companionship. One day you might find yourself in the same position, needing a bit of help."*

When we asked Joan what her volunteering contributes to our aged care home she said *"Three hours every Wednesday helping with lunch service preparation and service with one of the residents, Miranda".*

When we asked our resident Miranda what Joan adds to the home, she replied *"She helps serve the drinks for lunch service but she does so much more than that. She's quite special to me. When I see her, I am happy, she's sort of a special friend. We do lunch service together and we are just in tune with each other. She's like a role model to me. Joan has special character traits I am learning from her particularly empathy, tolerance, kindness and helping others. She really comes from the heart."*

We warmly welcome you to join our close knit little community and make a massive difference in the lives of our residents and their families.

To find out more, please get in touch with us, we'd love to hear from you.

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