

TIPS FOR VOLUNTEERING

Your contribution is important and valued.

- Ensure your name tag is visible when you arrive
- Identify yourself to a staff member. This will help increase everyone's comfort level!
- When visiting for the first time you may want to keep your visit brief. Residents sometimes tire easily, a meeting a new face can be stressful.
- Residents enjoy hearing about your life because you are their link to the outside world. You will likely have to "steer" the conversation, remember you are here to visit with them.
- If you are unable to keep your appointment, please call 537-5561 ext.26 so we can let the resident know.
- If you are having problems, or simply need feedback, please contact our Volunteer Coordinator.

What to do on your first visit and following visits:

- Introduce yourself and ask if you may come into their room (if that's where you are visiting). Share a little about yourself and gently encourage them to do the same if they are comfortable.
- Ask the resident if it is a good time to visit as they may not be feeling well and are to polite to say so.
- Try to be at eye level with your resident, as it is straining to always have to look up.
- Ask if they would like to visit in one of our lounges or in their room. On warm days our gardens are a lovely place to share conversation.
- You can always help yourself to any of our magazines or library books. It is often a nice experience to have someone else read to them.

**PLEASE CALL THE VOLUNTEER COORDINATOR @ 537-5561 EXT.26
IF YOU NEED ANY INFORMATION OR HAVE CONCERNS**