

Lifespan's Volunteer Opportunities

We train and support volunteers in unique roles.

Call us at 585-244-8400



| VOLUNTEER ROLE | SKILLS NEEDED | TIME COMMITMENT FOLLOWING TRAINING | VOLUNTEER LOCATION |
|--|--|--|--|
| <p>Help with Financial Management Help elders with basic bill paying and budgeting in their homes.</p> | Basic math, ability to balance checkbook, prepare/maintain simple household budget and work with creditors. Training is provided. | Several hours a month. Attend four in-services a year. Complete monthly report. | In clients' homes in Monroe or Genesee counties. |
| <p>Give-a-Lift Driver Volunteer to drive older adults to medical and other appointments.</p> | Licensed driver with clean record and a reliable vehicle. Must be understanding of older adults & friendly. Training & supplemental accident insurance are provided. | Flexible to fit your schedule. | Rides are provided in Monroe County. |
| <p>Give a Caregiver a Break Respite volunteers give caregivers of people with early Alzheimer's/dementia a short break from responsibilities.</p> | Understand the needs of people with mild cognitive impairment. Outgoing, empathetic, caring. Training is provided. | Two to four hours a week on a schedule discussed with the caregiver. | In people's homes in Monroe, Wayne, Livingston, Ontario, Steuben & Chemung counties. |
| <p>Guidance about Medicare Provide information/counseling regarding Medicare & related insurance.</p> | Explain benefits to beneficiaries and advocate for clients. Able to handle complex, changing government policies. Extensive and ongoing training is provided. | Meet with clients on your schedule. Most needed during open enrollment October – December. | At Lifespan, hospitals, community centers and over the phone. Monroe County only. |
| <p>Medicare Patrol Provide education & outreach about Medicare fraud prevention.</p> | Good communication and public speaking skills. Training is provided. | A few hours a month. | Monroe, Genesee, Livingston, Ontario & counties. |
| <p>Help Prevent a Fall Peer "coaches" lead small-group workshops which help participants manage fears about falls and increase activity levels.</p> | Good communication, enthusiasm, dependability and willingness to lead small groups in low to moderate exercise. Extensive training is provided. | Lead at least two eight-week sessions a year. | Monroe County & other community locations in nine Finger Lakes counties. |

2017

Also see lifespanrochester.org for more information.

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| <p>Living Healthy Coach Peer leaders help older adults learn to take charge of chronic conditions like diabetes, arthritis, high blood pressure and chronic pain.</p> | <p>Good communication, enthusiasm, dependability and willingness to lead small groups. Passion for helping people live longer, healthier lives. Extensive training is provided.</p> | <p>Lead at least two, six-week workshops a year.</p> | <p>Lifespan and other community locations in Monroe County.</p> |
| <p>Explore Your Future Coach Peer leaders help people 50+ envision the next phase of life including volunteer projects, lifelong learning and encore careers.</p> | <p>Good communication skills, ability to facilitate groups & follow script. Extensive training is provided.</p> | <p>Lead at least two, four-week workshops a year.</p> | <p>Monroe County & other community locations in nine Finger Lakes counties.</p> |
| <p>Ombudsman Advocate for residents living in long-term care communities.</p> | <p>Age 21 or older. Interest and passion for the concerns of older adults living in long-term care communities. Good listener, problem solver, ability to communicate professionally. Extensive training is provided.</p> | <p>Visit assigned facility two to four hours a week. Complete monthly report and attend six in-services a year.</p> | <p>Assigned to facility in Monroe, Ontario, Orleans, Genesee, Yates, Wyoming, Seneca, Wayne or Livingston counties.</p> |
| <p>Coach a Caregiver Workshop peer leader for Powerful Tools for Caregivers.</p> | <p>Experience as a family caregiver. Empathetic, good communication skills. Extensive training is provided.</p> | <p>Lead at least two, six-week workshops a year.</p> | <p>Monroe County & other community locations in nine Finger Lakes counties.</p> |
| <p>Volunteer Matching for 55+ RSVP (Retired & Senior Volunteer Program) is a placement and matching service for people 55 and older who want to volunteer but need guidance.</p> | <p>We place volunteers in a variety of non-profit organizations depending on need, skills and interests.</p> | <p>Depends on the organization or volunteer opportunity.</p> | <p>Monroe & Livingston counties. Travel depends on assignment.</p> |

2017

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