

The Hospital Elder Life Program — HELP

We know that many older adults, during their hospital stay, are at risk of complications from inactivity, poor nutrition, and lack of sleep. The Hospital Elder Life Program (HELP) helps to avoid these complications and maximize your recovery.

Services are provided by a team of staff and volunteers. The team includes an Elder Life Specialist, Elder Life Clinical Nurse Specialist, and highly trained volunteers.

The Elder Life Specialist guides and works with the volunteers to provide these services, up to 3 times a day:

- Visits by a friendly person
- Activities, including social visits, to keep the mind working
- Help with movement and walking
- Ways to help you relax and sleep without medication
- Help with setting up meals and providing company during meals
- Help with special needs for seeing and hearing

Patient participation is voluntary.

To learn more about HELP

At the Juravinski Hospital, please contact:

- Kelly Turner, Elder Life Specialist, 905-521-2100, ext. 42801
- Yasmin Khalili, Elder Life Clinical Nurse Specialist
905-521-2100, ext. 42673

At the Hamilton General Hospital, please contact:

- Shelley Prentice, Elder Life Specialist, 905-521-2100, ext. 76498
- Alex Curkovic, Elder Life Clinical Nurse Specialist
905-521-2100, ext. 76497

Do you know someone who would make a great H.E.L.P. volunteer?

Hamilton Health Sciences' HELP program is always looking for passionate and dedicated volunteers interested in making a difference in the lives of seniors. HELP volunteers provide special support to senior patients who can benefit from more activity and socialization while in hospital.

Role

- Provide support, encouragement and companionship to older patients and their families.
- Initiate patient interaction through conversation and activities such as playing cards, reading newspapers.
- Provide assistance at mealtimes including opening containers, cutting up food, assisting with menu completion.
- Accompany patients on walks and encourage range of motion exercises when appropriate.
- Provide assistance with sleep including providing warm blankets, relaxing music and relaxation exercises.

Requirements

- Volunteers must be older than 18 years of age
- Participate in 24 hours of training, including a full day of classroom instruction
- Commit to a minimum of 3 hours a week
- Contribute at least 100 hours in total
- Submission of health clearance and police check

Volunteers are needed for both the Hamilton General Hospital and the Juravinski Hospital.

Anyone interested in joining the HELP team is invited to apply online at <https://www.hamiltonhealthsciences.ca/volunteer/>
