

**Are you looking for a unique hands-on volunteer opportunity in an acute care setting?**

The **Hospital Elder Life Program (HELP)** is currently recruiting new volunteers! The aim of the **HELP** program is to prevent delirium and functional decline in hospitalized older adults. **HELP** is one of the only volunteer positions at Hamilton Health Sciences (HHS) that gives you direct, hands-on experience working with seniors in a clinical setting!

HELP volunteers make a big difference in the lives of seniors during their stay in hospital.

**As a HELP volunteer, your roles and responsibilities include:**

- Providing support and companionship to older patients and their families
- Providing support with orientation, vision and hearing
- Encouraging cognitive stimulation through activities, such as puzzles and playing cards.
- Providing assistance at mealtimes including opening containers, cutting up food, assisting with menu completion.
- Accompanying ambulatory patients on walks and encouraging Active Range of Motion Exercises, when appropriate.
- Provide assistance with sleep including providing warm decaffeinated drinks, soothing music and guided imagery relaxation exercises.

As a **HELP** volunteer, we ask for a commitment of one shift per week. Shifts are for 3 hours, from 8-11am, 12-3pm and 4-7pm seven days per week (times are flexible). You must be able to attend an in-class training session and we ask for a **100-hour commitment**, at which point we will provide reference letters for graduate and medical school applications! A valid police check and health clearance are also required.

**We have two volunteer locations:**

Hamilton General Hospital – 237 Barton St E (Downtown Hamilton)

Juravinski Hospital – 711 Concession St (Hamilton Mountain)

**Anyone interested in joining the HELP team is invited to apply online at:**

<https://www.hamiltonhealthsciences.ca/volunteer/> (Please indicate interest in HELP in application)

**For more information and ANY questions, please contact:**

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