



Volunteer Application

Title: (Miss / Mrs / Ms / Mr / Dr)

Surname: _____ Given Names: _____

Gender: Male Female Date of Birth: ____ / ____ / ____

Home Address: _____

_____ Postcode: _____

Mobile: _____ Home Phone: _____

Email: _____

Work experience and/or skills: _____

A list of jobs is attached. We are also looking for suggestions. What would you like to do?

Availability:

Day(s) (Specify weekly/monthly): _____

Times: From: _____ To: _____

Area of volunteer (e.g. Ward, Kitchen, etc):

Commencing date: _____

Reasons for volunteering:

Please keep the office informed of any changes in the above details (including changes to days or hours). As this information must be kept up to date on our records.

WAYS THAT VOLUNTEERS CAN ASSIST IN THE AGED CARE HOME

There are many ways volunteers can make an Aged Care Home a happier home for residents. Here are some ideas. Always check with staff in charge first.

1. Spending time with residents reminiscing about the past, exchanging views on life, a quiet game of chess, looking at old photos, etc.
2. Reading snippets from newspapers to a small group, reading letters for individuals.
3. Joining recreational activities – carpet bowls, tables games, discussion groups.
4. A walk and talk in the garden with people or a person.
5. Tidy robes and dressing tables where needed and with permission.
6. Laundry tasks – marking clothing, mending.
7. Marking other items – spectacles, etc.
8. Check if floral arrangements need attention, offer to involve a group of residents in arranging flowers or picking them from the garden.
9. Personal care, e.g. hair, nails and make-up. Men and women are frequently unable to care for their fingernails, hair combing, etc.
10. Help serve morning and afternoon tea – good time for chit-cat and personal attention. Help people who cannot hold a cup or who need special attention to eat.
11. Small office tasks.
12. Personal shopping for residents. See if residents are allowed to go with you.
13. Helping to write letters – find out how much residents can manage and work from that point.
14. Assist residents with telephone communication.
15. Craft – share your skills either by demonstration or by teaching others.
16. Music – CDs, singing. Don't forget some residents may like to go out to a concert or recital.
17. Wheelchair or walking outings to get to know the locality.
18. Freshening up bedrooms or group rooms – puff up cushions, arrange chairs around tables and put magazines, papers, etc on tables ready for use. Dust surfaces if necessary.
19. Be available for outings and special events.