

Volunteer Position Description

Position Title: Dementia Dialogues

Purpose: Caring for a loved one who is suffering from Dementia or Alzheimer's disease can be overwhelming. You can help by providing essential information about what to expect and solutions to common problems. Most of all, you will help create a community that will provide friendship, compassion and understanding.

Location: 15 senior centers located throughout Salt Lake County

Key Responsibilities: Organize a friendly and effective atmosphere in which to facilitate information to participants in a way that adheres to the fidelity of the program.

Reports: Program Coordinator, Erika Thompson in the Health Promotion Program

Length of Appointment: Teach at least 2 series (5 sessions each series) within the 12 months following your certification.

Time Commitment: Teach five 90-minute sessions for 5 consecutive weeks. Encourage a year commitment.

Qualifications: The volunteer possess life experience, shows empathy for others, possess good listening skills and be non-judgmental, be dependable and consistent, must be literate, and use of computer. Attend an in-person or online training of Dementia Dialogues (8-hours) or complete the self-paced training in 2 weeks.

Support: Dementia Dialogue training will be provided (8-hours). In addition, Salt Lake County training for all new volunteer, and quarterly training. Leader manual and other materials will be provided. The program coordinator also available for additional training, assistance and to answer questions.

Benefits: You will have the opportunity to help caregivers obtain knowledge and skills to care for a family member at home. It will also help you gain a better understanding of dementia, challenges of caregiving, resources, and the importance of providing training like Dementia Dialogues in the community. It will help you with your own personal goals by staying motivated to help others and improve your own health.