

Volunteer Position Description

Position Title: Dealing with Dementia Trainer

Purpose: To help Alzheimer and Dementia caregivers gain a better understanding of dementia, utilize strategies to effectively manage dementia behaviors they might encounter each day, and to develop personal habits of stress management and self-care.

Location: 15 senior centers located in the Salt Lake County area, and virtually via WebEx or Zoom

Key Responsibilities:

- Conduct the complete 4 hours of the workshop.
- Being an evidence-based workshop, the trainer manual must be followed exactly. Flexibility is allowed for relevant personal experience and information shared directly related to the topic in the guide only.
- Contact registered participants by email or telephone call before the first session to remind them of the upcoming workshop
- Prepare pre and post questionnaires with unique numbering system
- Complete attendance form with questionnaire unique number assigned to each participant
- Have each participant sign attendance form before receiving DWD guide
- Have each participant complete a pre and post questionnaire
- Have each participant complete a Satisfaction Survey at end of the workshop
- Communicate problems, concerns, questions or suggestions promptly to the Health Educator
- Provide a classroom atmosphere of empathy and support for Dementia caregivers

Reports to: Melanie Brandt, Health Educator in Health Promotion Program

Length of Appointment: Each Dealing with Dementia workshop is for 4 hours. This can be done in one sitting or broken up into 2 2-hour workshops. Need to complete at least 2 programs each year. Encourage 1 year commitment.

Time Commitment:

- Online leader training (approximately 4-6 hours)
- Preparation time (approximately 1-2 hours)
- Class time (4 hours for a workshop; can be separated into 2 2-hour workshops)

Qualifications:

- Interest in working with groups of older adults
- Personal experience or knowledge with caregiving for those with Dementia
- Desire, ability, and experience presenting information and speaking in front of others
- Pleasant manner, patience, and dependability/reliability a must
- Class management and problem-solving experience and/or ability

Support: Training for this position will be provided. Job shadowing available. The Health Educator will be available for questions and assistance

Benefits: Able to make a difference in older adults in the community, ongoing volunteer training, participate in volunteer recognition event, and gain experience for future opportunities.