

Volunteer Position Description

Mind Over Matter: Health Bowels, Healthy Bladder (MOM)

Position: Mind Over Matter Leader

Purpose: Did you know that over half of all women aged 50 or older will experience incontinence at some point in their lives? There are solutions to this problem, and you can be a part of them. Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Your involvement could make a huge impact on the quality of life of many women in Salt Lake County.

Location: In-person at any one of the 15 senior centers located throughout Salt Lake County. Webex/Online presentation.

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. This includes but is not limited to:

- Facilitate the class according to the curriculum
- Arrive 10 minutes early to set up meeting room appropriately.
- Greet participants as they arrive to create a safe environment.
- Take attendance every class
- Contact participants when they are not in class.

Reports: Health Educator, Paige Corley in the Health Promotion Program

Length of Appointment: Teach at least 2-session within the 12 months following your certification.

Time Commitment: 8-hour online training. Three 2-hour sessions every other week. Encourage 1 year commitment.

Qualifications: Any woman who can relate to incontinence in order to be empathetic. A MOM leader needs to be friendly, easy to talk with, has good listening skills, and is dependable. She also needs to enjoy working with the older adult. Successfully pass Mind Over Matter certification and CPR certification

Support: Program Coordinator available for additional support, answer questions. Salt Lake County training for all new volunteers, quarterly trainings with Health Promotion Programs.

Benefits: A MOM leader knows that she has made a difference in a woman's life after completion of this program. Simply letting women know that they are not alone in their suffering helps to ease the burden of incontinence. Being a leader of MOM means being a part of giving back someone's independence.