

## **Volunteer Description**

### **Stepping On Fall Prevention Program**

#### **Position: Peer-leader facilitator**

**Purpose:** The peer-leader helps older adults prevent falls by facilitating the Stepping On program to stay independent and reduce the risk of falling. During these workshops the leader will share information related to fall prevention and you will see how older adults take steps to prevent falls.

**Location:** 15 Salt Lake County senior centers and virtual senior center.

#### **Key Responsibilities:**

- Deliver the program as set in the leader manual
- Keep all participants identity and contact information confidential
- Prepare all materials at least two days before teaching a workshop series
- Discuss any problems with the program coordinator
- Keep track of the require paperwork for the class
- Have reliable transportation
- Arrive 15-30 minutes before each workshop
- Be a positive role model
- Respect each other and the diversity of the participants

**Reports to:** Program coordinator, Erika Thompson in the Health Promotion Program

**Length of Appointment:** The peer leader is assigned to one day per week, for a period of seven weeks throughout the year.

**Time commitment:** One day per week (M, Tue, Wed, Thu or F) for 2 hrs. Must teach two workshops (7 sessions, each) in one year.

**Qualifications:** Possess life experience, shows empathy for others, possess good listening skills and be non-judgmental, be dependable and consistent, must be literate, ability to lead entire workshop (6 sessions, each 2 hours in length), time commitment.

**Support:** A three-day training for this position will be provided. In addition, Salt Lake County training for all new volunteers, and quarterly training. Leader manual and other materials will be provided. The program coordinator is also available for questions and assistance.

**Benefits:** Your life will be enriched by knowing that you use knowledge, and skills needed to help older adults prevent falls, improve balance, and earn skills that will help them stay independent and living at home. This position will also help you in your own personal goals and stay motivated to improve your health. It will also give you experience that will be useful when looking for employment or to start a new career as you will be a volunteer with the Salt Lake County.