

DESCRIPTION OF VOLUNTEER PARTICIPATION

Position: WALKING ASSISTANT

Purpose: To preserve Residents' ability to walk and maintain independence.

Tasks and Responsibilities:

1. Sign in at the reception desk on arrival, and make sure you are identified with your volunteer badge.
2. Meet your walking colleague or the Rehabilitation Service Worker at the Rehab office and get the list of residents you are to walk
3. Before meeting the resident, verify with the nursing staff to see if resident is well enough to tolerate a walk.
4. If all is well, proceed to the resident's room and ask the resident if he/she would like to go for a walk
5. To walk a resident, follow carefully the steps outlined in the "Volunteer Walking Program" brochure which will be given to you by your supervisor.
6. Report immediately any concerns to the nurse on the unit
7. Complete the Walking Chart in resident's room - if chart is full or missing, please report it to the Rehabilitation Service Worker.
8. Report your observations to the Rehabilitation Service Worker
9. Sign out at the reception desk on departure

Time Commitment: 2 - 4 hours, once a week

Skills and Qualifications:

- Good health
- Ability to follow directions
- Knowledge of wheelchair safety and etiquette
- General knowledge and understanding of the needs of the elderly
- Patient, sensitive, good social skills
- Interest in restorative care for Seniors

Orientation and Training:

- A general orientation to the Home will be provided prior to beginning your responsibilities
- Wheelchair safety and etiquette
- Familiarization with the emergency codes and procedures
- Safety measures on transferring residents (Review of the "Volunteer Walking Program" booklet)
- Individual training with your supervisor
- On-going educational programs are provided when appropriate

Health and Safety:

- The safety of the resident, staff/volunteers is inherent in all aspects of each person's responsibilities. Vigilance to safety includes delivery of direct resident care as well as the living environment of each resident and working conditions for all staff/volunteers and visitors.
- All workers under the Occupational Health and Safety Act have the responsibility to observe safe work practices, avoid risks and to use common sense. Any hazardous conditions or accidents, whether anyone is hurt or not, should be reported immediately to your supervisor, unit nurse and/or Coordinator of Volunteer Services. Protective clothing and safety devices if applicable to your position should be used or worn.
- Volunteers should not come to work if they are ill, have a rash, cold or other infectious disease
- Handwashing is the best infection control.
- Influenza immunization is strongly recommended

Limits and Boundaries:

- Volunteer will walk resident without direct staff supervision only when both parties (supervisor & volunteer) are comfortable and confident about doing the task properly and safely.
- Comfortable, flat closed-toe footwear must be worn at all times while on duty.
- Always walk resident with a staff or another trained volunteer unless otherwise instructed by staff.
- If in "doubt" about walking a resident, ask staff for directive or abstain.
- Do not accept any gift or money from residents
- Volunteers who do not adhere to the rules and procedures of St. Patrick's Home or who fail to satisfactorily perform their volunteer assignment are subject to dismissal

Accountability:

- Responsible to the Rehabilitation Service Worker
- Volunteer participation is essential to this program, therefore, it is crucial that you notify your supervisor as soon as possible if you cannot be present as planned.

Benefits:

- Exposure to the agency operation
- Increase knowledge and experience working with the elderly
- Learning opportunity in the rehabilitation sector
- Self-satisfaction of contributing to someone's well-being
- Opportunity to develop friendship with Seniors, staff and volunteer colleagues
- Free parking is provided to volunteers
- Meal or beverage tickets are available if you meet the criteria
- References can be obtained if a volunteer has been engaged in volunteering for more than 40 hours
- Recognition events throughout the year