



HOSPICE
TORONTO

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Join Our Team – Ways to Get Involved

Volunteers are the heart of supporting our community

In-home Hospice Volunteers provide direct support to individuals who are coping with a life-limiting/threatening illness and their caregivers, helping them to remain at home and enhancing their circles of care. Duties vary based on client need and may include offering companionship and emotional support, providing short-term caregiver relief, and assisting with practical day-to-day tasks such as homemaking, cooking, shopping, appointment accompaniment and hands-on care. Core Hospice Training (35+ hours) and a commitment of 4 hours per week for a minimum of one year is required.

Journey Home Hospice Residence Volunteers provide direct support in a residential setting to individuals who are coping with homelessness, addiction, and mental illness along with life-limiting/threatening illness. Working alongside the multidisciplinary care team, experienced hospice volunteers assist clients and staff by enhancing the circle of care. Duties are based on client needs and may include companionship, emotional support, homemaking, and more. A commitment of a 4 to 8 hour shift per week for a minimum of one year is required in order to ensure continuity of care.

Home Help Volunteers support individuals who are coping with a life-limiting/threatening illness and their caregivers by assisting with practical day-to-day tasks such as homemaking, cooking and shopping. Home Help Training (14 hours) and a commitment of 2 -4 hours per week for a minimum of 1 year is required.

Complementary Therapy Volunteers provide symptom relief to clients through various modalities of Reiki and the following required levels/status (Level 2 required), Therapeutic Touch (Recognized Practitioner (RP), Healing Touch, Reflexology, and Registered Massage Therapy (RMT). Volunteers must hold current certification and membership in good standing with the association or regulating body that applies to their therapy and must have a minimum of one year of practice. Core Hospice Training (35+ hours) and a commitment of 2 hours per week for a minimum of one year is required.

Expressive Arts Therapy (EXAT) Volunteers provide group or one-on-one in-home support for **adults, children and families** under the supervision of our Expressive Arts Therapist. Modalities include creative arts and writing, music, movement, guided imagery, relaxation, meditation and mindfulness. Experienced graduates of an EXAT program are required. Core Hospice Training (35+ hours) and a commitment of 2 hours per week for a minimum of one year is required.

Children's Support Volunteers support children who are coping with a life-limiting/threatening illness themselves or who are impacted by the illness of a loved one, through age appropriate, safe and interactive activities. Core Hospice Training (35+ hours) and experience supporting an adult hospice client is required with an additional 21+ hours of Children's Support Training.

Bereavement Support Volunteers support the grief journey that includes the psychosocial and spiritual needs of client caregivers and families leading up to and following the death of their loved one. Core Hospice Training (35+ hours) is required and additional Bereavement Training is provided.

Young Carers Program Volunteers assist staff with facilitation of social and recreational programs throughout Toronto for young carers between the ages of 5 and 18. Volunteers engage youth in group activities and help promote a fun and safe atmosphere. A strong interest in working with children in a team environment, Young Carers Volunteer Training (one day) and a commitment of 2-4 hours per week for a minimum of six months is required.

Creating Caring Communities (CCC) Helpers are part of an innovative community development approach that supports local residences in St. James Town's diverse communities. Through a collaborative and community based process, community helpers reach out to neighbours and those who may be isolated, who are coping with chronic and progressive life-limiting illnesses. CCC Helpers receive training and work along with the Community Development Coordinator. The hours/length of time commitment is established with the Coordinator.

Office Team Volunteers assist in the office with telephone reception and other administrative duties. Office Orientation is provided and a commitment of four hours per week for a minimum of six-months is required.

Special Events Volunteers assist the organization by joining an event planning committee or by assisting at the various annual events such as the *There's No Place Like Home* Gala and *Hike for Hospice*. This type of volunteer role is a fun and engaging way to get involved and support the hospice from time to time.

Committee Volunteers support Hospice Toronto on a number of volunteer committees, including the Fund Development & Communications Committee and IT Committee. Contact us to find out more information on position availability and requirements.

Outreach and Ambassador Volunteers assist at community fairs and presentations to speak about volunteering and our programs. A flexible schedule is available.

Admin Helpers/Corporate Volunteers assist with various activities to support special programs, events, mail-outs and pre-training preparations. Registration is required for this role and includes a brief orientation session. Hours and length of involvement are flexible.

You will find as you look back upon your life, that the moments that stand out are the moments when you have done things for others. ~ Source Unknown

To find out about more ways you can help, please go to our website at <http://www.hospicetoronto.ca> and see "Ways to Give", or call us at 416-364-1666 for more information.