



## SHEPHERD'S CARE FOUNDATION

**Volunteer Position Title:** Walking Companion- Millwoods - Recreation

**Reports to:** Samie – Wellness Facilitator

**Purpose:** To assist the Wellness Facilitator with providing safety measures which will enable residents to participate in a walking group to enjoy the outdoors in the community.

**Job Description/Responsibilities:** The volunteer will accompany the Wellness Facilitator and the residents on an outdoor walk within the community. The volunteer will walk at the back of the group to ensure that residents are safe during the walk and communicate with the Wellness Facilitator to ensure accidents are minimized. The volunteer will not be responsible for giving first aid or assisting residents if an accident occurs during the walk. Positive conversation and interaction with residents is required for the purpose of encouragement of walking and positive outcomes of the program .

**Site/Location:** Millwoods Shepherd's Care Foundation

**Days/Times:** Monday, Wednesday and Friday. 9:30 am – 10:30 am

**Time Commitment:** This is an ongoing position that runs throughout the year and location of activity will be weather dependent. Although the intent will always be to enjoy the outdoors, during cold or wet weather, the group will walk inside the Shepherd's Care Foundation Facility.

**Dress Code:** comfortable walking shoes, modest apparel, appropriate outdoor apparel such as jacket or hats as required according to the weather. No scents please.

**Required Qualifications:** social skills, be able to walk independently, good observational skills, a positive and encouraging attitude.

**Desired Attributes:** Patience and compassion, diplomacy, confidentiality, advocacy, Integrity, good communication skills.

**Training and Support Provided:** SCF will provide Organization and Position Specific orientations.

**Expected Outcomes:** Community walks help the resident to connect with the community, encourages independence, as well as helps to maintain mobility, leg strength, and flexibility.

**Benefits:** Volunteer will get the opportunity to meet new people, gain experience working with seniors and learn a variety of diverse skills in the healthcare field. Addition to your Resume / friendships / fulfillment of personal goals. Volunteer recognition.

Name \_\_\_\_\_

Date: \_\_\_\_\_