



VOLUNTEER OPPORTUNITIES

Please indicate your areas of interest and return the form to the Alzheimer's Association, 101 Summit Avenue, Suite 300, Fort Worth, TX 76102

The **first four** opportunities listed below **require training** by the Program Coordinator before you can begin to volunteer your time.

- Helpline**-The Helpline provides information about Alzheimer's Disease, chapter services, local community resources, and emotional support to the caller. Helpline volunteers should have a basic knowledge of Alzheimer's and a keen understanding of the emotional issues experienced by the caregivers. Training and office support are provided.
TIME: 2-3 hrs/week

- Safe Return**- Nationwide program to help identify and return individuals who are memory impaired to their loved ones. Volunteers work to increase public awareness about the program by speaking to various groups and/or helping at registration drives.
TIME: Varies/As needed throughout the year.

- Speakers Bureau**- Members of the speakers bureau would give presentations that provide information and resources about Alzheimer's Disease and the Association. Speakers need not be professionals. Training is provided.
TIME: Varies/As needed throughout the year.

- Support Group Facilitators** – Facilitators provide a safe environment of acceptance and respect for those that are affected by Alzheimer's disease to share personal feelings, concerns, and information surrounding their experience with Alzheimer's.
TIME: 1-2 hrs/month

- Office Assistance**- Various office duties: copying; labeling/stamping brochures; sorting; filing; mailings.
TIME: 2-4 hrs/ prefer weekly or as needed for Special Event mailings

- Health Fairs or Workshops**- Volunteers will staff and/or set up table/booth displaying Association literature-help to increase public awareness of Alzheimer's disease and the Alzheimer's Association's services.
TIME: Varies/As needed throughout the year

- Alzheimer's Advocates**- Take part in Chapter's efforts to raise level of awareness regarding AD issues in the government (national and state) by visiting officials, representing the Association in coalition meetings, organizing local activities, taking part in letter writing or telephone calls.

TIME: Varies, usually a few hours a month

- Memories in the Making®**, a fine arts program for people with dementia-Volunteers spend an hour each week helping small groups of people express themselves creatively and discover lost memories through painting and drawing. Set up materials, help artists get started on a picture, encourage their efforts, and help them describe what they have painted. Knowledge of art helpful but not required. Training is provided.

TIME: 1 hour per week, weekdays, ongoing

- Special Events**- three major fundraisers for the chapter.

The "**Thanks for the Memories**" event is usually scheduled for April. This event is held in our *Fort Worth* region. Although this event is a year-long process, most of the activities surrounding this event occur in January through April. Help is needed to plan the event, solicit event sponsors and to collect items for the auction.

TIME: Varies/As needed May through April

The **Steppin' Out for Memories Evening** normally is held in April. This event takes place in our *Abilene* region. Although this event is a year-long process most of the activities surrounding this event happen between January and April. Help is needed to plan the event, solicit event sponsors and auction items.

TIME: Varies/As needed May through April

Walk to End Alzheimer's™ usually occurs in late September/ early October. Our chapter conducts 7 of these walks each year. Walk to End Alzheimer's utilizes all volunteer sources when possible. Because it is such a large event, planning begins a year in advance of each Walk. Walk to End Alzheimer's steering committees generally meet once a month starting in January. Other volunteers are needed at various times throughout the year as well as on Walk day itself. If you are interested in participating, we can use your talents and skills (or, in some cases, your muscle power!) in various areas

TIME: Varies/As needed throughout the year

Please call our office at 800-272-3900 if you have any questions.