

# POTENTIAL VOLUNTEER ROLES

## ALZHEIMER'S ASSOCIATION OREGON CHAPTER

*The work of volunteers is truly appreciated by the Alzheimer's Association, and we offer a wide variety of positions to meet your specific talents and needs. If you have a specific skill set — computers, graphic design, group facilitation, etc. — or are bilingual, we will work to accommodate your skill set with a specific volunteer position within the organization.*

*Below is a sampling of some of the potential volunteer roles available. If you are interested in becoming a volunteer, please submit our [Volunteer Interest Form](#).*

### COMMUNITY EDUCATOR

Deliver community education programs developed by the Alzheimer's Association, using scripted curricula, PowerPoint presentations and other prepared training materials provided by the Association. All topics are related to Alzheimer's disease and other dementias.

**Time commitment:** minimum of six classes per year; classes average 1.5 hours in length

**Training:** 6 hours

### LEGISLATIVE ADVOCATE

Play an important role in improving the quality of care and quality of life for people with Alzheimer's disease and their families by carrying our message to elected officials at the federal, state and local levels. Communicate with elected officials via petitions, phone calls and other calls-to-action and participate in advocacy and policy-related events in your area.

**Time commitment:** varied

**Training:** 1 hour

### OUTREACH SUPPORT

Attend community events and health fairs to help provide the public with accurate information about the disease and the services provided by the Association. Ideal candidates are outgoing, friendly, and comfortable speaking with all members of the general public.

**Time commitment:** varied

**Training:** 1 hour

## SUPPORT GROUP FACILITATOR

Alzheimer's Association caregiver support group facilitators open up the discussion among caregivers and build a strong sense of group sharing by listening to the concerns of others in the group, articulating feelings, summarizing and encouraging other members to do the same. The facilitator is genuinely attentive to the needs of the group and believes in the value and benefit of the group process by successfully utilizing group facilitation techniques. Caregiver experience is recommended.

*Time commitment:* two hours per month

*Training:* 6 hours

## ADMINISTRATIVE SUPPORT

Assist with projects such as data entry, assembling large mailings, filing, and packet making.

*Time commitment:* varied

*Training:* 1 hour

## FUNDRAISING EVENT SUPPORT

Help raise critical funds for the research, care and support, and education efforts of the Alzheimer's Association by participating in one of our fundraising events. Whether you help recruit donors to attend Reason to Hope, start a team doing an activity you love for The Longest Day<sup>®</sup>, or walk with thousands of fellow volunteers at our Walk to End Alzheimer's<sup>®</sup>, your efforts ensure that we can continue to serve the 63,000 Oregonians aged 65 and older with Alzheimer's and their families.

*Time commitment:* varied

*Training:* varied

## PROGRAM FACILITATOR

Help guide programs that engage people in the early stages of Alzheimer's disease and dementia, and their care partners. Facilitators are needed for arts, singing, social engagement and support group programs. Facilitators are responsible for setting up, welcoming families, guiding conversations and encouraging social connection.

*Time commitment:* varies between programs, but typically approx. 2 hours per week for a 4 to 8 week series.

*Training:* 4-6 hours