



# HOSPITAL ELDER LIFE PROGRAM

## ASSIGNMENT DESCRIPTION

**General Summary:** As a volunteer of the Hospital Elder Life Program (HELP), you will be working directly with patients and unit staff to prevent delirium and functional decline in senior patients during their hospital stay.

### **Principal Duties and Responsibilities:**

- Orient patients to day & environment.
- Provide therapeutic activities (e.g., reminiscence, current events, trivia, etc.) to mentally and socially stimulate appropriate patients.
- Assist with patient mobilization by accompanying patients on walks and/or leading range of motion exercises with appropriate patients.
- Assist patients with meals and feeding by providing encouragement, helping with tray set-up, and feeding patients who are unable to feed themselves.
- Complete all tasks safely.
- Understand and respect limitations and boundaries as a HELP volunteer.
- Assist unit staff.
- Other tasks as required.

### **Skills/Expectations:**

- Desire to work with the senior population (aged 70 years and older).
- Good interpersonal communication skills, both oral and written.
- Able to work independently and be self-directed once assignments are obtained.
- Able to function as a team member to communicate with patients, other volunteers, and staff members.
- Must commit to at least one, 3-hour shift (same day & time every week) for 1 year or 150 hours.

### **Requirements:**

- Complete extensive training including 4 hours of online classroom training and attend a 4 hour group training session to practice interventions and 12 hours of floor training with HELP staff or veteran volunteers.
- Demonstrate knowledge of skills, activities, and limitations by performing competencies with staff.