

## Lifespan's Volunteer Opportunities

We have fulfilling, unique and time flexible roles.

Call us at 585-244-8400

Go to [lifespanrochester.org](http://lifespanrochester.org) to learn more.



VOLUNTEER ROLE	SKILLS NEEDED	TIME COMMITMENT/TRAINING	VOLUNTEER LOCATION
<p><b>Financial Management</b> Help older adults with basic bill paying/budgeting in their homes.</p>	Basic math, prepare/maintain household budget and work with creditors. Training is provided.	Two to three hours a month. Attend monthly volunteer meetings.	In clients' homes in Monroe, Genesee, Livingston, Ontario & Orleans counties.
<p><b>Give-a-Lift Driver</b> Volunteer to drive older adults to medical and other appointments.</p>	License with clean record and a reliable vehicle. Friendly & understanding. Training & supplemental insurance provided.	Flexible to fit your schedule.	Rides are provided in Monroe County.
<p><b>Give a Caregiver Free Time</b> Volunteers spend time with someone living with early dementia so caregivers can have free time.</p>	Understand the needs of people with mild cognitive impairment. Outgoing, empathetic, caring. Training is provided.	Two to four hours a week on a schedule discussed with the caregiver.	In people's homes in Monroe, Wayne, Livingston, Ontario counties.
<p><b>Guidance about Medicare</b> Provide information/counseling regarding Medicare &amp; related insurance.</p>	Explain benefits to beneficiaries and advocate for clients. Able to handle complex, changing government policies. Extensive and ongoing training is provided.	Meet with clients on your schedule. Most needed during open enrollment October - December.	At Lifespan, hospitals, community centers and over the phone. Monroe & Livingston counties.
<p><b>Silverline</b> Make weekly, friendly phone calls to isolated older adults</p>	A friendly disposition.	One call a week.	From your own home.
<p><b>Help Prevent a Fall</b> Peer coaches lead small-group workshops which help participants manage fears about falls and increase activity levels.</p>	Good communication, enthusiasm, dependability and willingness to lead small groups in low to moderate exercise. Extensive training is provided.	Lead at least one eight-week session a year.	Monroe County & other community locations in nine Finger Lakes counties.
<p><b>Tech Trainer with "Senior Planet"</b> Trainer or classroom assistant.</p>	Familiarity with computers, smartphones, etc.	Flexible. Some training is provided.	Livingston County.

## Lifespan's Volunteer Opportunities

We have fulfilling, unique and time flexible roles.

Call us at 585-244-8400

Go to [lifespanrochester.org](http://lifespanrochester.org) to learn more.



VOLUNTEER ROLE	SKILLS NEEDED	TIME COMMITMENT/TRAINING	VOLUNTEER LOCATION
<p><b>Living Healthy Coach</b> Peer leaders help older adults learn to take charge of chronic conditions like diabetes, arthritis, high blood pressure &amp; chronic pain.</p>	<p>Good communication, enthusiasm, dependability. Passion for helping people live longer, healthier lives. Extensive training is provided.</p>	<p>Lead at least one six-week workshop a year.</p>	<p>Lifespan and other community locations in Monroe County.</p>
<p><b>Ombudsman</b> Advocate for residents living in long-term care communities.</p>	<p>Age 21 or older. Interest and passion for the concerns of people living in long-term care communities. Good listener, problem solver, ability to communicate professionally. Extensive training is provided.</p>	<p>Visit assigned community weekly. Complete monthly reports and 18 hours of continuing education each year</p>	<p>Long-term care communities in Genesee, Livingston, Monroe, Ontario, Orleans, Seneca, Wayne, Wyoming, and Yates counties.</p>
<p><b>Coach a Caregiver</b> Peer leader for Powerful Tools for Caregivers workshop.</p>	<p>Experience as a family caregiver is helpful. Empathetic, good communication skills. Extensive training is provided.</p>	<p>Lead at least two, six-week workshops a year in-person or online.</p>	<p>Monroe County &amp; other community locations in nine Finger Lakes counties.</p>
<p><b>Aging Mastery</b> Workshop coach or guest speaker for a series of ten topics designed to promote aging well.</p>	<p>Good communication skills, ability to facilitate groups &amp; follow script. Training provided.</p>	<p>Participate in at least one full session a year.</p>	<p>Monroe County.</p>
<p><b>Volunteer Matching for 55+</b> AmeriCorps Senior is a placement and matching service for people 55 and older who want to volunteer.</p>	<p>We place volunteers in a variety of nonprofit organizations depending on need, skills and interests.</p>	<p>Depends on the organization or volunteer opportunity.</p>	<p>Monroe &amp; Livingston counties. Travel depends on assignment.</p>

