



# VOLUNTEER!



Volunteers are the core of our organization for they possess special qualities of a loving heart and a unique call to serve. Some have had personal experience of loss, some bring professional skills or specialized expertise, but most are ordinary people who want to help. Volunteers provide caring compassion for both the person facing the end-of-life and those close to them.

Orientation and Training is provided for every volunteer. We want you to feel confident and competent. We believe in a team approach in all that we do, so you never feel alone or unsupported. We serve patients wherever "home" is: skilled nursing facilities, assisted living facilities, retirement communities or their own homes.



## **Program Support Volunteer** *(in the Hospice Office)*

- Assist with mailings
- Copies/Packet Assembly
- Filing
- Special Projects

## **Patient/Family Volunteer** *(wherever "home" may be)*

- Provide friendly companion visits
- Read aloud, write letters, share an interest
- Provide gifts of music, art, scrap booking
- Actively listen and be supportive in hearing expressed fears and concerns
- Create a written legacy for other loved ones
- Offer prayers (and quiet presence)
- Assist in picking up medications, light clean up, outdoor chores

## **Bereavement Volunteer** *(requires additional training in bereavement)*

- Writing sympathy cards, other significant anniversaries or events
- Supportive telephone calls
- Participation in Grief Groups and Remembrance Services
- Community presentations on Grief

Volunteers learn the history of hospice, the goals and philosophy of care, and the emotional and spiritual needs of patients at the end of life. They develop the communication skills necessary to comfort and support patients and families and because they spend quality time with patients, they often give valuable feedback to the care team.

**\*15 hours of training \* Commitment of 2-4 hours/monthly**

**To Volunteer in Connecticut Call 800-860-6656**

**To Volunteer in Massachusetts Call 978-904-3059**

**Visit [www.constellationhs.com](http://www.constellationhs.com)**

*"Great opportunities to help others  
seldom come, but small ones surround  
us every day."  
By Sally Koch*