

ARCH Volunteer and Faith-Based Respite Learning Collaborative

Volunteer Respite Squad

*Learn how to create your own Respite
Volunteer Program*

December 12, 2024





Save the Dates! National Lifespan Respite Conference and Grantee and Partner Learning Symposium

2025 National Lifespan Respite Conference
Huntsville, AL | April 1-3, 2025

In-person Lifespan Respite Grantee and Partner Learning Symposium
Huntsville, AL | April 1, 2025 (Reception Evening of March 31, 2025)

Virtual Lifespan Respite Grantee and Partner Learning Symposium:
Bring, Brag and Borrow Session
March 4 and 5, 2025 | 1:00 pm – 4:00 pm ET





Webinar and Learning Collaborative Announcements

Respite Voucher Learning Collaborative

Respite Vouchers 101: Getting Back to Basics

January 9, 2025 | 2:30 pm – 4:00 pm ET

Sustainability Planning Webinar Series

How to Build Sustainable Respite Services and Systems

February 20, April 17 and June 12, 2025

BREAK Exchange/ARCH Webinar

Inclusive Tourism as Respite

January 28, 2025 | 11:00 AM ET (10 AM CT)



Presenter

Erica Marks

Director of Volunteer Services

Age Well

Colchester, VT

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Age Well is the largest Area Agency on Aging in Vermont

Our Mission:

To provide the support and guidance that inspires our community to embrace aging with confidence.

Our Vision:

Age Well aspires to use our Vermont experience to be a nationally recognized and collaborative leader in the aging network; promoting healthy aging, independence, dignity, and personalized choice for older adults.



Volunteer Services

Services Volunteers provide:

- Friendly visiting
- Grocery shopping and errands
- MOW delivery
- Technology assistance
- Financial assistance
- Minor home repair
- Assistance with medical appointments
- Respite
- Senior Companion



Volunteer services delivered in FY 24



1029
Current
Volunteers



72,945
Hours of service



450,443
Miles driven



\$2,442,928 hours donated
\$301,797 of miles driven
\$2,744,725 Total Contribution

Key Statistics

515 reported they would recommend volunteering at Age Well to others

99% are satisfied with being a volunteer

95% volunteer at least once per month

99.3% agree that volunteer program staff are supportive, available, and effective in answering questions

94% feel they are making a positive impact



What keeps you volunteering with us?

I enjoy the sense of helping in whatever way to make someone's life a little bit better, or easier. I enjoy meeting people.

It's a way to pay back to a community that is presently in need. Doing some good is empowering.

I like to make people feel valued, so it's nice to connect with people that need a friendly visitor

I enjoy giving back to my community. Volunteering gives me a purpose that I lost when I retired. I want to serve people and age well is a good way to find people to serve.

I experienced my parents' needing extra support in the last years of their lives and understand the needs that can come up and how the extra help can make a difference.

I see the value in helping people age in place in their homes and like to support that. I believe we are all connected and that the wellness of each of us affects us all.

I enjoy being a support to a family in need of a few hours of respite each week.

Not only does Age Well need volunteers, but I am also fulfilling MY need of giving back to the community, And I meet some really nice, cool, fun people....both staff and clients.



Serving our Caregiving Families

- Our volunteers voiced an interest in learning more about how they could support families with higher needs including cognitive decline and lack of natural social supports.
- Caregiving families asked for reliable, trained respite providers that would be able to supplement the paid care they are using, or be the primary respite for caregiving families not eligible for other programs.
- Our solution was to design and implement a distinct program within our Friendly Visitor program.

Session 1-
Introduction to
Caregiver
Support
&
Dementia

Topic 1: Introduction to Age Well Services and Caregiver Support

Caregiver Support Overview Sheet
Examples of Respite Care volunteer requests
Dementia and Alzheimer's: What's What

Interactive Dementia Simulation

Topic 2: Dementia

Dementia and Alzheimer's: What's What
Know the Ten Signs
Dementia Simulation
Safety concerns with physical and cognitive decline

Session 2- Communication & Body Mechanics

Topic 3: Communication

Communication session

Strategies for communicating with clients with dementia

ALZ: four strategies, Art of Redirection, Improv Yes/And

Video clip from “There Is A Bridge”

Establishing trust with care giver and care recipient (Mother’s Helper)

The dual role of the volunteer

Some Caregivers need the support for themselves

Awareness of Deficits

Topic 4: Body Mechanics and Caregiving Skills

Hands on Caregiving Skills

Demonstrate Body Mechanics

Demonstrate Proper Use of Walkers and Wheelchairs

Helping someone on and off the commode

Falls Prevention

Infection Control

Session 3-
Family as a Unit
of Care and Grief
&
Bereavement

Topic 5: Family as Unit of Care

Defining Family
Fundamental Rules
Family Systems

Topic 6: Grief and Bereavement

Anticipatory grieving
What and how to share back with families
Death and Dying
Advanced Directives

Session 4-
Boundaries &
Closure

Topic 7: Boundaries

Overview of Boundary Issues

Definite

Potential

Situational

Boundaries Activity

Topic 8: Closure Activity

Plus/Wish

Closing Appreciation Circle

We put out this call to our existing volunteers:

Respite Squad Training Announcement:

Over the last several years we've had an increase in the number of people interested in learning more about volunteering with people with dementia and other illnesses. One of the greatest unmet needs of the families we serve is opportunities for family caregivers to get a break from care giving. We are happy to announce that we have created a four session training for those volunteers who would like to be able to provide support to family caregivers.

During this training you will gain information and increase your skills and comfort level in spending time with someone who has dementia and other illnesses.

The classes will be held over three consecutive Tuesdays [...] *Class size is limited to the first 15 volunteers who respond with interest. Registration is open from April 15th until May 3rd.*

... and had a full class with a waiting list well before registration closed.

CONFIDENT AGING STARTS HERE.

