

VOLUNTEER OPPORTUNITY DESCRIPTIONS—SOCIAL WORK DEPARTMENT

Caregiver Mentor

Summary:

Caregiver Mentoring is a service offered through Hannan Center’s Social Work Department’s Peer-to-Peer Program. Mentors support and assist caregivers to better fulfill their roles caring for their loved ones. The volunteers will be seasoned caregivers--current or former and will mentor their less experienced peers. The mentors will share caregiving knowledge, resources and experiences to guide their mentees in their new caregiving role. They will structure the mentoring contacts to their liking and as they determine to be beneficial. Ideal volunteers will embody the friendly and caring environment of the Hannan Center and invite participation for mentoring.

Duties and Responsibilities:

- Meet with caregiver mentees individually or in groups
- Provide guidance, recommendations, and suggestions for problem solving and/or for specific assistance
- Share knowledge of health and social service information/ resources and other topics of benefit to caregiving
- Prepare, gather, and/or seek out publications and media items and experts on the topics of interest to caregivers for sharing with peers
- Encourage each other to develop specific skills and knowledge that will improve their performance as caregivers
- Reach out to invite participation in person or by using different communication methods
- Accept peers where they currently are with their life skills in a non-judgmental manner
- Provide approachable, warm and courteous environments and relationships
- Build trusting relationships and work towards mutual giving and receiving amongst peers

Interests:

- Mentorship
- Teaching/Coaching
- Health & Well-Being
- Developing new relationships

Ideal Qualifications, Skills, and Abilities:

- Current or previous caregiver
- Personal, volunteer or work experience with caregiving, support groups, and/or counseling
- Strong communication and listening skills
- Facilitating individual or group meetings
- Maintain collaborative relationships
- Present a positive, caring, and empathetic attitude
- Ability to commit to scheduling 4 mentor hours per month (according to your schedule)