

## Volunteer Position Description Hospice Caregiver Group Facilitator

Scarborough Centre for Healthy Communities (SCHC) is dedicated to meeting the diverse, holistic health needs of the communities of Scarborough by addressing the physical, mental, social, financial and environmental aspects of their health. Through the promotion of healthy lifestyles and the delivery of a comprehensive range of culturally competent health and social services, we cultivate vital and connected communities.

The Community Hospice Program at SCHC professionally trains compassionate, kind and committed volunteers to provide service in a number of roles, one of which is a Hospice Caregiver Group Facilitator. Caregiver groups meet weekly for two hours for ten weeks. They are psycho-educational, mutual support groups for any adult who is caring for someone living with a life-limiting illness. Groups provide a confidential and safe place to:

- ❖ Be heard and share with others
- ❖ Gather information about caregiving issues; changes, coping, the confusion, and the impact on family
- ❖ Share stories and coping strategies with one another about resiliency and other tips
- ❖ Express emotion; stress, sadness, and the daily struggles of being a caregiver

We are especially in need of people who lived experience of caring for someone to the end of life and/or have some experience with mutual support groups. Training is offered twice a year Feb-April and Oct-Nov.

### **Essential Requirements:**

- Personal experience of caring for someone
- Compassionate, empathetic and open
- Ability to listen without judgment and support someone without trying to fix or give advice
- Excellent interpersonal and communication skills
- Mature, reliable, responsible
- Committed to ensuring services are confidential, inclusive and accessible
- Ability to function in a client-based environment
- Completion of 30-hour comprehensive training program (combination of online and in person sessions, certificate provided)
- Able to provide a clear Vulnerable Sector Police Reference Check

### **Responsibilities:**

- Plan and co-facilitate volunteer-led, educational and mutual support groups for caregivers (small group of 6-8 people who meet once a week for two hours for up to ten weeks).
- Materials preparation, room set up and clean up each session
- Meet with Palliative Coordinator prior to start of the ten week group and be available for regular check-ins and debrief with your co-facilitator and staff
- Respond to requests in a timely manner, ensure that you are in regular communication with staff and fellow volunteers, and make sure that necessary documentation is regularly submitted for the program
- Participate in all required training and ongoing professional development
- Maintain safe boundaries and self-care practices
- Submit monthly volunteer hour report
- Report any concerns immediately to appropriate staff in the Community Hospice Program

**Commitment:**

About 3-5 hours per week for one full year.

*If you are interested and qualify for this position, please contact Betty Ann Rutledge, Volunteers, Outreach and Training Specialist in the Hospice Program at 416-642-9445 ext. 4418 or to set up an interview, email [brutledge@schcontario.ca](mailto:brutledge@schcontario.ca). For more information about our programs and services, please visit our website at [www.schcontario.ca](http://www.schcontario.ca).*

**All volunteers must complete a mandatory online training module provided by the Volunteer Engagement Coordinator and will follow safe work practices and comply with the roles and responsibilities that are outlined with respect to health and safety policies & procedures at Scarborough Centre for Healthy Communities.**

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