

Ways you can get involved

Telephone Reassurance Program

Telephone Reassurance Volunteers are people who are willing to phone a client once a day or on a scheduled basis to ensure a degree of security and social contact for Home Care clients. Each call is approximately 5-10 minutes unless otherwise desired by the volunteer. This program allows people to volunteer from their own home or place of business.

Friendly Visiting

A Friendly Visitor is a volunteer who visits with Home Care clients, Long Term Care clients and/or patients in the hospital. The volunteer offers support, guidance and care to alleviate the client's feelings of loneliness and social isolation. The volunteer may be involved in simple tasks including playing games, going for coffee, letter writing, reading, walking, etc.

Meals- On- Wheels Driver

Mid-day meals are delivered regularly to clients' homes. With the assistance of a helper, each Meals-On-Wheels driver delivers meals to clients each day, except Sunday. This calls for good drivers with reliable vehicles and one hour to spare.

Meals- On- Wheels Helper

Helpers assist the driver find client addresses and carry meals into the homes.

Transportation Program

Transportation Volunteers will provide transportation and assistance to clients who do not have family or friends available to accompany him/her to medical appointments, with weekly errands, or to attend social activities.

Errand or Shopping Volunteer

A Shopping and Small Errands Volunteer is someone who assists individuals, who are physically or socially unable to leave their homes without assistance, with daily living activities. The volunteer encourages the client to participate in errands and shopping to promote and maintain the client's independence. The volunteer may perform these duties for the client on their own if the client is unable to go along.

Activity Program Volunteer

Activity volunteers are volunteers who assist staff and residents at long term care facilities across the region with planned activities. Activity volunteers encourage residents to participate and when required, assist residents with activities to increase the level of enjoyment. The volunteer may be involved in the preparation of the activity, assisting during the activity as well as clean up after the activity.

Youth Opportunities

Junior Volunteer

Students 14 years of age and older may be considered as a Junior Volunteer. Junior Volunteers freely give his/her time and energy to help make a client's time more comfortable and pleasant in the hospital, Long Term Care Center or in their own home. Junior Volunteers may assist with resident activities, friendly visiting, play games, read to clients, etc.

Adopt- A- Grandparent Program

Volunteers are paired up with a Home Care or Long-Term Care client to provide support on an on-going basis. Some examples of activities that both the client and volunteer may enjoy include reading, playing games, walking, and friendly visiting.

Cyberspace Program

The Cyber-Space program allows volunteers who have strong computer skills to assist seniors in using the computer. Some activities may include friendly visiting through e-mail, searching the Internet, playing computer games or typing letters.

Look Good Feel Better Program

To assist professional cosmeticians to help women living with cancer learn alternatives to manage the appearance-related side effects of cancer and treatments.

Corporate Support

The Corporate Volunteer program invites local employers to offer paid work time to fulfill a volunteer commitment. Each employee of the organization is encouraged to offer at minimum one day per year. Each participant shall perform meaningful tasks and interact with the Cypress Health Region's Home Care clients.

Auxiliary Programs

Auxiliary Volunteers are welcome to contribute time and leadership to fundraising events, patient service and community relations on behalf of Cypress Health Region facilities.

Short Term Home Respite

People responsible for elderly or disabled relatives or friends need time to shop, pay bills, visit friends, attend meetings, classes or social functions. Volunteers provide short term respite by sitting with clients while the usual care provider takes a break.

Palliative Volunteer

Palliative Volunteers offer social, emotional, and spiritual support to persons and their families who are living with, or dying from, a life-threatening illness. This type of support has a major focus on improving life and death. Volunteers are asked to spend quality time with clients and their families providing companionship, friendly visiting, alleviating loneliness or sitting vigil while the family takes a break. Volunteers should be caring, compassionate, and reliable.

Wellness Program

Volunteers greet and organize clients at Wellness Clinics sponsored by Home Care Staff throughout the community.

Walking Program

Volunteers take Home Care clients, Long Term Care residents and Hospital clients for walks, weather permitted.

Influenza Program

Volunteers assist nursing staff in organizing clients attending flu clinics during the months of October and November.

Spiritual Care Services

Foster an environment that is supportive of those individuals who wish to express their emotional and spiritual needs to enhance their spiritual well-being.