

BECOMING AN EFFECTIVE CARE PARTNER: HELPING VOLUNTEERS RECOGNIZE BENEFITS TO THEMSELVES

Providing Independent Living Support:
Training for Volunteers

HANDOUT WORKSHEETS

Why Do You Volunteer?

Benefits of Volunteering Worksheet

Self Care Worksheet



Why Do You Volunteer?

Think about your previous and current volunteering experience...

Take a minute to jot down a few notes to the following questions.



1. Have you volunteered before? If so, where? For how long?

2. What keeps you volunteering? Why did you choose Senior Services?

3. What is one of your favorite memories of volunteering?

Benefits of Volunteering Worksheet



Brainstorm Exercise:

Jot down your own notes in the table below.

<i>BENEFITS</i>		
Mental health (emotional, psychological)	Physical health (bodily health and function)	Social health/support (connection to other people)

Self Care Worksheet

A. Individually, take a minute and review the current status of your support system. For each item, check ✓ “yes”, “sometimes” or “not really”.

	Yes!	Sometimes	Not really
Volunteer Support			
1. I have a person or group with whom I can share my feelings about my volunteer experiences.			
2. I plan to attend the volunteer meetings and trainings.			
3. I know my limits; I know how many days and clients I would like to serve.			
4. I will talk to my supervisor about concerns and questions that come up.			
Maintaining Life Balance			
5. I get 30 minutes of exercise (walking, gardening) every day.			
6. I am eating well. I eat fruits and vegetables, get enough protein and whole grain products and drink lots of water.			
7. I get enough sleep each night.			
8. I know when I am overwhelmed or over tired and I ask for help.			
9. I make time for the activities I really enjoy.			
10. I take the time I need to reflect, relax, and enjoy a little solitude.			

B. Note which items you checked “Not really”. Choose **one** that you would like to improve and identify what you will do:

One thing I will do to make sure I support myself in service to others: _____

The person who could help me is: _____

C. **OTHER SUGGESTIONS:**

Here are some longevity secrets from people age 85+: Keep your sense of humor; be optimistic; play bridge or do another activity that keeps your mind active and focused; maintain close friendships; have a sense of purpose; be altruistic; play music; play tennis (exercise); pray instead of worrying. (From: “10 Secrets of a Good Long Life”, AARP, July August 2005.)

Consider approaching someone you have gotten to know today about becoming monthly “check-in partners”.