



## Volunteer Visitor

*At 88 years old, Mildred has lived on her own for the last 12 years since her beloved husband, John, died. Our wonderful volunteer Farrah now visits on a regular basis. It's been a real lifeline and Mildred says, "Farrah and Independent Age have really changed my life and I sincerely mean that."*



<b>At a glance</b>	A great opportunity to build a relationship through regularly visiting an older person near you!	
	Location	Local
	Flexibility	High
	Regularity	Weekly/ Fortnightly/ Monthly
	Time Commitment	One hour, ideally for a minimum of 12 months
	Age requirement	18+ years
	DBS / PVG Clearance	Organised by Independent Age
	Training required	Online Safeguarding training, induction training and yearly refresher training
	IT skills required	Desirable email and internet access for reporting

<b>How this role makes a difference</b>	Building a friendship relationship with an isolated older person can really help to improve their physical and mental wellbeing and their self esteem.
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<b>What you'll be doing</b>	<ul style="list-style-type: none"> <li>• <b>Visiting</b> an older person regularly to create an enjoyable and supportive relationship</li> <li>• <b>Listening, sharing</b> your experiences and <b>hearing</b> about those of the older person you're getting to know (likely over a cup of tea)</li> <li>• Treating what you see and hear as <b>confidential</b> and sensitive</li> <li>• Keeping us <b>up to date</b> with how visits are going at regular support sessions and <b>reporting</b> anything of concern</li> <li>• Keeping your skills and knowledge up to date by taking part in relevant <b>training</b> and attending one of our <b>networking</b> events each year</li> <li>• Reading and following our <b>policies and procedures</b> - designed to keep you and the older people we support safe and happy. We've got guidance around safeguarding, lone working, confidentiality and role boundaries to help with this. We'll ask you to sign to say you understand them</li> <li>• <b>Representing</b> the charity well to the wider public.</li> </ul>
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<b>What's on offer</b>	<ul style="list-style-type: none"> <li>• An opportunity to volunteer in a charity that <b>enhances</b> older people's lives, and be part of a growing network of volunteers <b>making a real difference</b></li> <li>• A chance to meet and work with <b>new people</b></li> <li>• The opportunity to develop <b>new skills and interests</b></li> <li>• Full support and a range of relevant <b>training</b></li> <li>• The opportunity to <b>access</b> other volunteering opportunities</li> <li>• A <b>reference</b> for future volunteering or employment, after 6 months</li> <li>• Following our Expenses Policy, reimbursement of <b>agreed expenses</b> so we can make sure you're not out of pocket.</li> </ul>
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<b>What you can offer us</b>	<ul style="list-style-type: none"> <li>• Enjoying meeting a <b>diverse range</b> of people and helping others</li> <li>• An <b>interest</b> in older people and the issues of later life</li> <li>• <b>Reliability</b>, consistency and dependability</li> <li>• Good <b>conversational</b> and <b>listening</b> skills with a <b>clear speaking</b> voice - some of the older people we support have low level hearing loss</li> <li>• <b>Patience</b>, empathy and a <b>non-judgemental</b> attitude</li> <li>• The ability to work <b>independently</b> but also stay within the role's <b>boundaries</b> – recognising what should and shouldn't be done and when to seek advice or report concerns</li> <li>• <b>Other languages</b> – we're very interested to hear from other language speakers as some of those we support don't speak English as their first language</li> <li>• Your <b>own transport</b> in areas where there is no public transport and use of <b>own mobile telephone</b> whilst out on visits.</li> </ul>
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<b>Find out more!</b>		Visit us: <a href="https://www.independentage.org/get-involved/how-can-i-volunteer">https://www.independentage.org/get-involved/how-can-i-volunteer</a>
		Email us: <a href="mailto:volunteer.recruitment@independentage.org">volunteer.recruitment@independentage.org</a>
		Phone us: <b>020 7605 4255</b>