

# IN-HOME VOLUNTEER SUPPORT

Hospice SLO County volunteers provide support and care for individuals with a life-limiting or terminal illness. Volunteers are matched with clients after an assessment by the volunteer services staff. Visits to the home are arranged according to volunteer and family schedules. Volunteers make a commitment of up to 12 hours per month, providing a consistent supportive presence for the entire family.



## WAYS VOLUNTEERS CAN HELP

Volunteers provide companionship, emotional support and minor personal care, while respecting the individual's right to privacy. Volunteers often stay in the home with the individual, providing respite for family members to run errands or attend to their needs.

### Examples of services volunteers may provide:

- Providing companionship
- Reading aloud
- Writing letters
- Listening, talking, sharing
- Playing cards, games, puzzles
- Directing relaxation techniques (breathing exercises, guided imagery)
- Running errands, such as grocery shopping
- Occasional transportation and accompaniment to medical appointments
- Minimal housekeeping tasks (housekeeping is not a primary role)
- Light meal preparation
- Practical support for in-home animals

Some volunteers, depending on their comfort level, may assist with minor personal hygiene, such as washing face and hands, brushing hair, applying lotion, and painting nails. Hospice SLO County volunteers cannot assist with bathing, physical transfers, or changing undergarments, but staff can assist in connecting families to those who can.



## INAPPROPRIATE VOLUNTEER REQUESTS

1. Volunteers cannot pour or administer any medications. The primary caregiver must have all medications prepared in advance.
2. Volunteers cannot provide attendant care, such as spending the night, giving shots, applying dressing, bathing, physical transfers, or assisting in the bathroom.
3. Volunteers cannot be hired in any capacity, and are not able to accept reimbursement in the form of gifts or money.