

## SHINE - Care & Activity Volunteer



### Roles and Responsibilities

Care & Activity Volunteers arrive on the Saturday morning and stay on site until the following Friday morning. There are between 10 and 16 care and activity volunteers on each week and the same number of participants. New volunteers are paired with experienced volunteers where possible. Dormitory accommodation is provided for care and activity volunteers. A summary of the responsibilities of care and activity volunteers is as follows:

- Report to coordinators
- Attend training on the Friday and Saturday prior to participants' arrival
- Promote and facilitate participants' independence - take a step back in order to allow each participant to trial activities as independently as he/she can (i.e. to set table themselves, to blow dry own hair or to use an ATM etc)
- Positively reinforce participants' progress throughout week and assist participants with their individual goals
- Encourage & support participants to take part in Multi Activity Programme
- Assist participants with personal care (i.e. showering, toileting, dressing etc.) where necessary – no two participants will have the same personal care needs. Participants will tell you what their needs are and nursing staff and OTs are there for guidance.
- Assist activity leaders in activity session where required
- Ensure safety and well being of participants
- Help out with kitchen duties (setting and clearing dinner table, washing up/dishwasher, brushing floor - according to roster)
- Keep to the Buddy Programme – 2:1 ratio at all times - 2 volunteers are usually matched with 2 participants for the week ( i.e. 2 volunteers work together with 2 participants with each volunteer having specific responsibility for 1 participant)
- Be familiar with, and implement SBHI participant-care policy at all times.
- Attend team meetings as required
- Get involved in activities and have fun

Further information on the role is provided on the training days. Manual/patient handling training, background to SBHI and services, SHINE, Code of Good Practice, Child/Client and Worker Protection Policy, Disability Awareness, and Personal Care is also covered.

#### To become a SHINE Care & Activity Volunteer you must:

- **Be 18 years of age or older by the 21st June prior to SHINE starting**
- **Have a positive and enthusiastic attitude**
- **Be a caring, hard working, responsible and compassionate person**