Minds in Motion® Program Assistant – VOLUNTEER POSITION

Locations:

**Cambridge:**
W.G. Johnson Centre - 31 Kribs St.
April 23rd – June 18th @ 1pm-3pm

**Guelph:**
Evergreen Seniors Centre - 683 Woolwich St.
April 25th-June 13th @ 1pm-3pm

**New Hamburg:**
Nithview Community – 234 Hamilton Rd.
April 27th – June 13th @ 1:30pm-3:30pm

**Kitchener:**
Wednesday May 2nd- June 20th @ 10am-12pm

Bridgeport Community Centre- 20 Tyson Dr.
Tuesday May 1st- June 19th @ 10am-12pm

**Waterloo:**
Stork Family YMCA- 500 Fisher Hallman Rd
Monday April 30th – June 25th @ 1pm-3pm

This is a volunteer opportunity with the Alzheimer Society of Waterloo Wellington for the Minds in Motion® program.
Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage signs of Alzheimer’s disease or other dementias and their care partners.

- Minds in Motion® is an eight-week program delivered once weekly that combines physical activity with mental stimulation, in a social environment.
- The program is delivered at Municipal Recreation Centres, Older Adult Centres or similar multi-service centres to help normalize the experience for participants.
- The program was developed in British Columbia and results indicate improved physical and mental health for both people with dementia and their care partner.
- Minds in Motion® is not a fitness program, a social recreation program or a drop-in program.

Tasks/Responsibilities:

- Help with the set up and clean up of tables, chairs, games and activities for the program
- Assist the Minds in Motion® Coordinator to ensure activity participation and socialization. This may include spending one-on-one time with participants who need extra support.
- Under the direction of the Physical Activity Program Leader, provide one-on-one support to participants during the physical activity component of the program

Qualifications:

- Enjoy working with others, comfortable initiating conversation and including others
- Patient, friendly and fun; comfortable in a non-competitive, inclusive environment
- Have some experience communicating with older adults
- Be physically able to participate in the physical activity component of the program

Assets:

- Aware of the aging process
- Have basic knowledge and experience with dementia – training will be provided
- Experience working with persons with dementia and their care partners

Time commitment:

- Three hours/week for eight weeks:
  - 30 minute set up, 2 hour program, 30 minute take down, clean up and de-brief.
  - Programs run at least three times per year – trained volunteers are encouraged to return to assist with programs held throughout the year.

Orientation/training:

Volunteers will receive orientation training (approximately 3 hours) as follows:

- Orientation to local Alzheimer Society and volunteer policies and Orientation to Alzheimer’s disease and other dementias
- Orientation to Minds in Motion® and specific role
- Opportunity to participate in Minds in Motion® specific webinars scheduled throughout the year
- Access to Society’s more advanced dementia training (if applicable)
Screening:
Please complete the volunteer application attached or for additional information please contact Melissa Borgdorff, Minds in Motion Volunteer Coordinator & Public Educator at 519 742-8518 x 2045 or mborgdorff@alzheimerww.ca

A Police Records Check/Vulnerable Sector Screening may be required for all volunteers.
For those under the age of 18, parental or guardian approval is required.

Supervision:
There will be on site supervision and de-briefing lead by the Minds in Motion® Coordinator.

Benefits:
• Training and education received will be of personal value for brain health! Training and experience will be of benefit when applying for professional or volunteer positions in the future
• Be an integral part of a team working toward a better quality of life for persons with dementia and their care partners
• Be a leader within a larger cause, meeting the growing need for support and services for persons with dementia and their care partners
• Gain front line experience working with persons with dementia
• Free refreshments during program

Volunteers are encouraged to participate in the Minds in Motion Community of Practice through which ongoing learning will occur (NOTE: future training opportunities will be determined by themes arising within the Community of Practice)