Ways to Volunteer

**Patient/Caregiver Support Volunteers**

Help with practical needs of patients and their caregivers.

**Length/time of visits:** 1-4 hours weekdays or weekends, day or evening

**Frequency of visits:** 2-4 times per month (unless otherwise arranged)

**Tasks:**
- Stay with patient to allow caregivers a break.
- Provide companionship for patients (such as talking, reading, playing games).
- Give hand massage (training is provided by Fairview Hospice).
- Perform light housekeeping and meal preparation.
- Run errands.
- Do special projects (such as writing holiday cards and sorting/organizing).

**Check-In Call Volunteers**

Provide support and comfort through weekly phone calls to patients and caregivers.

**Length/time of visits:** 1-2 hours Thursday morning or early afternoon

**Frequency of visits:** 1 time per week

**Tasks:**
- Make phone calls from the hospice office or your home using scripted questions.
- Document your calls in the patient’s medical record using the computer.

**Pet Therapy Volunteers**

Provide comfort and relaxation through visits with trained therapy animals.

**Length/time of visits:** Up to 1 hour weekdays or weekends, day or evening
**Frequency of visits:** 2-4 times per month (unless otherwise arranged)

**Guidelines:**
- Pet therapists will not visit homes with other dogs, cats, or uncaged animals.
- Pet therapy dogs will not visit patients with active bacterial infections.
- You must obtain your pet therapy certification through an outside agency such as TDI or Pet Partners.
- Copies of training records and your pet’s health records must be provided to Fairview Hospice.

**Massage Therapy Volunteers**

Provide relaxation and pain relief to patients through full or partial body massage.

**Length/time of visits:** Up to 1.5 hours weekdays or weekends, day or evening

**Frequency of visits:** 1-2 times per month (unless otherwise arranged)

**Guidelines:**
You must be a trained, certified massage therapist and provide proof of training.

**Energy Work Volunteers**

Provide relaxation, calming, and pain relief to patients through energy work.

**Length/time of visits:** Up to 1.5 hours weekdays or weekends, day or evening

**Frequency of visits:** 2-4 times per month (unless otherwise arranged)

**Guidelines:**
- Volunteers may use reiki, healing touch, or other forms of energy work.
- Volunteers may teach basic techniques to caregivers for use between visits.
- You must be trained in energy work and provide proof of training.

**11th Hour Volunteers**

Provide companionship and support in the final 24-72 hours of life.

**Length/time of visits:** Up to 8 hours weekdays or weekends, day, evening, or overnight

**Frequency of visits:** As needed
Tasks:

- Sit with patients who are alone or agitated.
- Stay with patients overnight so caregivers can rest.
- Read, pray, hold hands, play music, etc. as requested.
- Support caregivers who want assistance/guidance.

Guidelines:

- 11th hour volunteers must have at least 6 months of hospice care experience. This may be obtained by first volunteering as a Patient/Caregiver Support Volunteer.

**We Honor Veterans (WHV) Volunteers**

Provide unique end-of-life care for veterans while honoring their service to our country.

**Length/time of visits:** 1-4 hours weekdays or weekends, day or evening

**Frequency of visits:** 2-4 times per month (unless otherwise arranged)

**Tasks:**

- Vet to Vet visits (share stories and reminisce). You must be a military vet to make this type of visit.
- Lead pinning ceremonies honoring veterans for their service.
- Create patriotic pillowcases to be given to veteran patients.
- Assist families in applying for presidential memorial certificates.
- Assist patients with recording their stories for the veteran history project.

**Do Re Mi (DRM) Volunteers**

Provide enjoyment and relaxation by playing musical instruments and singing.

**Length/time of visits:** Up to 1 hour weekdays or weekends, day or evening

**Frequency of visits:** 2-4 times per month (unless otherwise arranged)

**Guidelines:**

- DRM volunteers are not necessarily professional musicians.
- DRM volunteers must audition with a music therapist on our staff.
**Summer Medical Explorer Volunteers**

Provide support to hospice patients during the summer months. This is an ideal opportunity for those exploring a medical career.

**Length/time of visits:** 1-4 hours weekdays or weekends, day or evening

**Frequency of visits:** 2-4 times per month (unless otherwise arranged)

**Guidelines:**
- Must volunteer at least 8 hours per week from mid June-mid August.
- Attend 8 weekly in-services presented by medical professionals.
- May continue to volunteer after summer.

**Office Support Volunteers**

Assist with the day-to-day operations of the hospice program.

**Length/time of shifts:** 2-4 hours Monday-Friday from 8:30 a.m.- 4:30 p.m.

**Frequency of shifts:** 1-5 times per month (typically once a week)

**Tasks:**
- Filing, data entry, copying, special projects

**Training:**
- One hour of training is provided by Fairview Hospice in addition to training on specific tasks.

**Special Projects Volunteers**

Create handmade gifts for hospice patients.

**Length/time of shifts:** Flexible

**Frequency of shifts:** Flexible

**Tasks:**
- Sew catheter bag covers.
- Sew patriotic pillow cases, pillows, and/or lap quilts for veteran patients.
- Sew adult bibs.

**Guidelines:**
- Must know how to sew.
• Must provide your own materials.

Training:
• One hour of hospice training is provided by Fairview Hospice.

Volunteer Training

Fairview Hospice provides 16 hours of training. Training may be modified if you have volunteered at a Medicare-certified hospice in the past or for volunteers in specialty areas.

Training Options:
• Volunteer training is offered two ways: group sessions or self-study.
• Group sessions are held on weekday afternoons in Jan., June, and Sept. at our Minneapolis office.
• Self-study can be completed any time by watching videos online. The self-study wraps up with a three-hour session at our Minneapolis office, offered once a month.
• Princeton volunteer training is arranged with the applicant.

Requirements
• Ability to transport yourself to patient’s homes and/or the hospice office
• Ability to communicate clearly and effectively by phone, in person, and in writing
• Comfort with end of life
• At least 18 years of age
• Criminal background check
• Health screening at a Fairview hospital
• Two written references
• Not actively grieving a loss