

VOLUNTEER SITTING SERVICE – ROLE DESCRIPTION

AIMS

- ✓ To support carers by sitting with the cared for person in their own home, making sure they are comfortable and safe.
- ✓ To provide the carer with an opportunity for respite within or outside the home.
- ✓ To give a listening ear to carers.

DUTIES

- ✓ Offer conversation and company to the cared for person
- ✓ Give pre - prepared food and make drinks
- ✓ Be a presence in the home in case of accident or emergency
- ✓ Report any changes of circumstances or areas of concern

The role DOES NOT include personal care, lifting, household duties, administering medication, assisting with toileting needs, answering the door (unless by prior arrangement).

QUALITIES AND SKILLS NEEDED

- ✓ Honesty
- ✓ Reliability
- ✓ Sensitivity to the needs of both carer and cared for
- ✓ A non – judgemental approach
- ✓ Confidence
- ✓ Adaptability
- ✓ Willingness to attend training sessions
- ✓ Commitment to confidentiality, data protection, equal opportunities, health & safety, safeguarding and any other Senior Solutions' policies which are relevant to the role.

A car and driving licence would be an advantage but are not essential.

TIME COMMITMENT

As much or as little as the volunteer is able to give. We will match volunteers and carers depending upon the needs of the carer. As a guide we would ask for at least one session of 2 hours a fortnight or 1 hour a week. It would be most beneficial if a volunteer is available for at least 12 months and that you give us 1 month notice before you stop your volunteering role.

A DBS check will be required for this role along with 2 references.

For further information & application forms, please contact the office – details below.

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