

MODULE 2

BECOMING AN EFFECTIVE CARE PARTNER: HELPING VOLUNTEERS RECOGNIZE BENEFITS TO THEMSELVES

Providing Independent Living Support:
Training for Senior Corps Volunteers

HANDOUT WORKSHEETS

Why Did You Volunteer?

Benefits of Volunteering Worksheet

Self Care Worksheet

Training Feedback Survey

Why Did You Volunteer?

Think about your previous and current volunteering experience...

Take a minute to jot down a few notes to the following questions.

You will not be asked to turn this sheet in, but be ready to share with the group.



1. Have you volunteered before? If so, where? For how long?

2. Why did you decide to volunteer now? Why did you choose independent living services?

3. What do you need to know before you go home today?

Benefits of Volunteering Worksheet



Brainstorm Exercise:

1. Your group will visit each poster (Mental Health, Physical Health, and Social Health/Support).
2. Discuss and record your group's thoughts on each of the posters, according to each category. What are the mental, physical, and social health benefits of volunteering?
3. When time is called, move to the next poster. Review the answers already written. Put a star next to ones your group agrees with and add any new ones.

Optional: Jot down your own notes in the table below.

BENEFITS		
Mental health (emotional, psychological)	Physical health (bodily health and function)	Social health/support (connection to other people)

Self Care Worksheet

A. Individually, take a minute and review the current status of your support system. For each item, check ✓ “yes”, “sometimes” or “not really”.

	Yes!	Sometimes	Not really
Volunteer Support			
1. I have a person or group with whom I can share my feelings about my volunteer experiences.			
2. I plan to attend the volunteer meetings and trainings.			
3. I know my limits; I know how many days and clients I would like to serve.			
4. I will talk to my supervisor about concerns and questions that come up.			
Maintaining Life Balance			
5. I get 30 minutes of exercise (walking, gardening) every day.			
6. I am eating well. I eat fruits and vegetables, get enough protein and whole grain products and drink lots of water.			
7. I get enough sleep each night.			
8. I know when I am overwhelmed or over tired and I ask for help.			
9. I make time for the activities I really enjoy.			
10. I take the time I need to reflect, relax, and enjoy a little solitude.			

B. Note which items you checked “Not really”. Choose **one** that you would like to improve and identify what you will do:

One thing I will do to make sure I support myself in service to others: _____

The person who could help me is: _____

C. In pairs, tell your partner what you plan to do and who will help you.

OTHER SUGGESTIONS:

Here are some longevity secrets from people age 85+: Keep your sense of humor; be optimistic; play bridge or do another activity that keeps your mind active and focused; maintain close friendships; have a sense of purpose; be altruistic; play music; play tennis (exercise); pray instead of worrying. (From: “10 Secrets of a Good Long Life”, AARP, July August 2005.)

Consider approaching someone you have gotten to know today about becoming monthly “check-in partners”.

Training Feedback Survey

Please help us improve our training sessions by providing feedback on the training you attended. Thank you!

Training/Session Name: _____ Date: _____

Lead Facilitator: _____

Program you serve with: SCP RSVP Other: _____

Please rate this session using the following scale:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	1	2	3	4	5
1. The subject matter was presented effectively.					
2. The facilitator was knowledgeable.					
3. The facilitator responded to questions.					
4. There were enough opportunities for discussion.					
5. The written materials are useful.					
6. The session met my expectations.					
7. As a result of this training, I gained new knowledge applicable to my volunteer assignment.					
8. I plan to apply what I learned at this session.					

9. What did you like best about this session?

10. What would have improved this session?

Thank You! Your feedback will help us to improve our training!