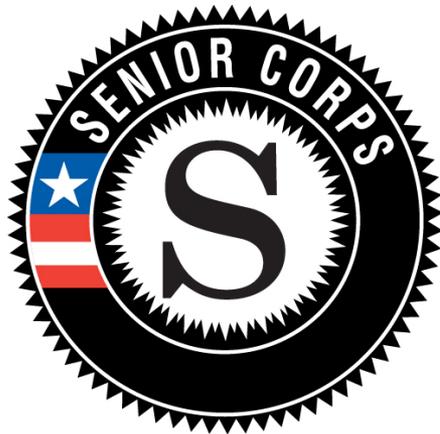


*Providing Independent
Living Support:
Beyond Companionship Services:
Helping Clients Improve
Quality of Life*



Trainer: _____

Date: _____

LEARNING OBJECTIVES

By the end of the session, participants will:

- Further their understanding of “quality of life” and how this might differ from person to person.
- Gain ideas for assisting clients while maintaining appropriate boundaries.

HOW VOLUNTEERS CONTRIBUTE TO QUALITY OF LIFE

- Doing simple things that make life easier
- Being a friend (doing what friends do for friends)
- Providing consistency, giving clients something to look forward to

WARMUP: WHAT IS "QUALITY OF LIFE" FOR YOU?

How do you define quality of life?

List 5 things that are most important to your quality of life.



LIFESTYLE PRACTICES THAT EFFECT QUALITY OF LIFE

- Regular exercise
- Good nutrition
- Not smoking
- Limit alcohol intake
- Challenge the mind



Also: Social support is very important!

EXERCISE INSTRUCTIONS: YOUR IDEAS!

1. Divide into four relatively even groups.
2. Discuss ideas for helping clients in the quality of life area your group has been assigned.
3. Write your ideas on the poster and be ready to discuss!

Social = connections to people, community

Emotional/Spiritual = mental health, peace of mind

Cognitive = daily mental functioning and engagement
(memory, learning)

Physical = daily physical functioning, health habits

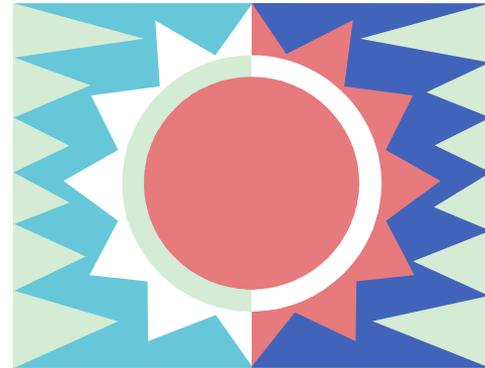
EMOTIONAL SUFFERING

- Grief
- Anger
- Feeling helpless or useless
- Loneliness



REFLECTION: RESPECTING BOUNDARIES

- How could you make a suggestion about a change so a client is receptive?
- What questions do you have about volunteer-client boundaries?
 - *“Is it okay to...”*
 - *“What if ...”*



LAST THOUGHTS

And in the end, it's not the years in your life that count. It's the life in your years.



~ Abraham Lincoln