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## Volunteer Opportunities

**Volunteer Guardian:** Do you have 3 – 6 hours a month to offer? Would you like to make a difference in the life of a vulnerable individual? Please consider becoming a Volunteer Guardian. What is a Volunteer Guardian? He/she is a person appointed by the Probate Court to make decisions for someone who is unable to do so for him or herself. People who may need guardians include someone who is Elderly, developmentally disabled, Chronically Mentally Ill, or has suffered a Brain Injury.

The role of the Volunteer Guardian is to monitor, visit with, speak for, and protect the dignity of a person in need. A guardian must be a Wisconsin resident, at least 21 years of age, complete an application, and pass a background disclosure. By becoming a Volunteer Guardian, you will experience one of life's greatest benefits: the satisfaction of helping someone in need. Please call 262-898-1370 and ask for Ruth or email [ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com) today for more information.

**In-Home Volunteer:** Are you looking for a rewarding volunteer experience? You could make a difference in someone's life by becoming a Senior Services Volunteer Companion. Your volunteer time will be spent visiting with an older adult in their home. Training and support is provided. Volunteers should be 18 years old or older and be able to offer a couple of hours of time a week. Your commitment will give the caregiver the opportunity to take a much-needed and well deserved break. To learn more about becoming a Volunteer Companion please call 262-898-1370 and ask for Ruth or email [ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com). You'll be glad you called.

**Meal on Wheels Driver:** The Meal on Wheels program provides a hot, nutritious meal to seniors who are no longer able to prepare their own meals. In addition to bringing meals, volunteer drivers check on the well-being of the participants. Meals are delivered five days a week. To learn more about becoming a Meal on Wheels Driver please call 262-898-1370 and ask for Ruth or email [ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com).



**Share The Care Team:** Join a group of people to support a caregiver on their caregiving journey. A team is put together to perform simple tasks such as pick up dry cleaning, go to the grocery store, bring over a meal, sit with the person who is receiving care so the caregiver can run an errand. While one task might seem small to you, together the Share The Care Team Members can make a huge difference in the life of a caregiver. To learn more about becoming a Share The Care Team Member, please call 262-833-8777.

**Class Lay Leader for Chronic Disease Self-Management Program (CDSMP):**

CDSMP is a education program offered in our community for adults 60+ who are experiencing chronic health conditions such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes; their family members, friends and caregivers can also participate. The program provides information and teaches practical skills on managing chronic health problems. Workshops are 6 weeks long, meeting once a week for 2.5 hours. **Lay Leader must have a chronic condition.** Workshops are facilitated by a team of two trained leaders, pairing with either a health professional with a lay leader or two lay leaders. To learn how to become a Lay Leader, please call 262-898-1370 and ask for Ruth or email [ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com).

**Class Lay Leader for Stepping On Program:** The Stepping On Program is an interactive evidence-based falls prevention program aimed at educating older adults (60+) and building confidence in order to reduce and/or eliminate falls. Workshops focus on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls. Workshops are 7 weeks long, meeting once a week for 2 hours. **Lay Leaders must participate as a student in a 7-week class before becoming a Lay Leader.** To learn more, please call 262-898-1370 and ask for Ruth or email [ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com).

**SHIP Volunteer (Wisconsin's State Health Insurance Assistance Program):** Volunteer(s) needed to enter data into computer system during Medicare Part D Annual Enrollment Period (Oct 15 thru Dec 7). Volunteer would need basic computer knowledge, basic knowledge of medications and good communication skills. Confidentiality of information being entered is crucial. Volunteer hours are flexible any time Monday – Friday 9 a.m. – 4 p.m. To learn more about this opportunity, please call 262-898-1370 and ask for Ruth or email [ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com).