



"I have volunteered at other places where I was made to feel the amount of time I had to give was not enough. CapitalCare respects whatever amount of time you are able to provide. I volunteer in the gift shop. Residents look forward to me simply being there, and the feeling is mutual."

- Sharron, Volunteer, Grandview

"Many of the residents have become close friends to me, and have taught me much in life. I'm just so blessed to have met all these wonderful people."

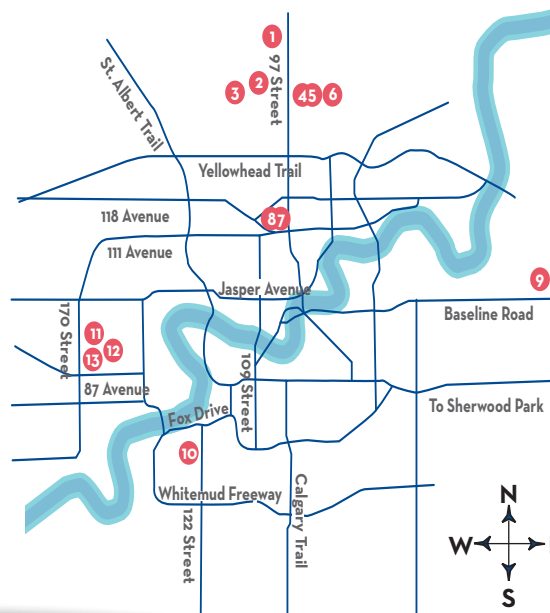
- Desmond, Volunteer, Dickinsfield

"I'm taking a break from school for health reasons. I was feeling down on myself for the things I can't do. Volunteering helps me see how the little things I can still do make a big difference to someone else's enjoyment of life. I leave here smiling and wanting to come back for more."

- Gabriella, Volunteer, Norwood

- | | |
|---|--|
| 2 Kipnes Centre for Veterans
4470 McCrae Avenue
Tel: 780.442.5720 | 9 Strathcona
12 Brower Drive*
Tel: 780.417.4329 |
| 5 Dickinsfield
14225 - 94 Street
Tel: 780.371.6553 | 10 Grandview
6215 - 124 Street
Tel: 780.496.7104 |
| 8 Norwood
10410 - 111 Avenue
Tel: 780.496.3252 | 12 Lynnwood
8740 - 165 Street
Tel: 780.341.2358 |

* Sherwood Park location



People Caring for People



capitalcare.net capitalcare.edmonton @capitalcareYEG



youtube.com/user/edmontoncapitalcare

Volunteer Information

Volunteer with us!

About CapitalCare

We are a publicly-funded continuing care organization, providing care and support for:

- the frail elderly
- adults with complex care needs
- adults returning home - or to an alternate level of care - after a stay in hospital

Why Volunteer?

For most people in our care, our centres are their homes. Volunteers help us to provide them with enriching experiences that go beyond simply meeting their care needs.

Volunteering with us is an opportunity to:

- meet new people
- use your skills
- experience growth
- make a difference in someone's life
- contribute to the community

For some, volunteering is a transition into or out of the workforce. CapitalCare provides its volunteers with orientation, training and continued support.

Volunteer Opportunities

Recreation Programs (*days, some evenings, some weekends*)

- bingo, music activities, painting groups, out trips and many more planned activities

Resident Visiting (*days, evenings, weekends and holidays*)

- reading, playing cards or visiting with individual residents

Spiritual Care

- bible study, hymn sings, visiting, support groups

Physiotherapy

- walking and exercise programs with residents

Pet Visitor/Therapy

- bringing your trained pet to visit residents

Fundraising

- gift stores, auxiliaries, or special events

Adult Day Support Programs

- assisting clients in activities, games or outings

Summer Youth Volunteer Programs*

- from June to August
- at Dickinsfield, Grandview, Lynnwood
- for students in junior high through post-secondary school

**limited space available*

Volunteer Qualifications

- able to commit to 30 hours or more within a one-year time frame
- punctual, independent and able to follow direction
- compassionate towards the frail elderly and adults with disabilities

All volunteers are interviewed and screened. The steps involved in becoming a volunteer are:

- complete a volunteer application available at the centre or on our website
- interview, tuberculosis questionnaire, reference forms provided
- provide a Police Information Check
- orientation (once screening is complete)

