

**Patient and Family Support Volunteers** provide companionship and support to terminally ill patients and their loved ones. Many are relatives and friends of former Iowa City Hospice patients. They have seen first-hand how Iowa City Hospice's care impacts quality of life and they want to help others experience its unique benefits.

Iowa City Hospice volunteers who work with patients and families receive 14 hours of training to prepare them for the challenges and rewards of working with people at the end of life. Volunteers must be at least 18 years old, attend all training sessions, pass an adult abuse and criminal background check and complete a Tuberculosis test (PPD). Direct patient care volunteers are asked to make a one-year commitment to volunteering for Iowa City Hospice.

Some of our specialized volunteer opportunities include:

-**Legacy Project Volunteers** document a patient's stories, images and wisdom in a variety of forms such as recorded narratives, photos and memory books.

-**We Honor Veterans Volunteers** create opportunities to share military experiences if desired by the patient and present a Certificate of Appreciation for Military Service.

- **Pet Peace of Mind Volunteers** provide support services with the daily responsibilities of pet care that can include walks and exercise, grooming, vet appointments and waste clean-up. Pet Peace of Mind Volunteers may also assist with fostering or work on finding adoptive homes for patient pets.

-**11<sup>th</sup> Hour Volunteers** sit at the bedside with a patient who is actively dying. These services may be provided when a patient is within 24-48 hours of anticipated death to ensure the patient does not die alone. 11<sup>th</sup> Hour Volunteers typically sign up for a 3 or 4 hour shift.

-**Bereavement Volunteers** assist the Bereavement Program by making phone calls to talk with surviving family members and/or making home visits to provide additional short-term support. Bereavement volunteers receive additional training specific to bereavement.

-**Long Term Care Specific Volunteers** are assigned to visit with the ICH patients at a particular care facility. They provide companionship and support while also fostering positive relationships between the facility and ICH.

Non-patient Care opportunities include:

**Office and Program Support Volunteers** – ICH office and program support volunteers provide invaluable assistance to staff including addressing envelopes and writing thank-you cards, stuffing envelopes for mailings, filing important documents, distributing or delivering of materials, staffing fundraising or community awareness event.

**Shawlers** – ICH shawlers hand-knit and crochet shawls and lap blankets that are given to our patients upon admission.

**Bakers** – These volunteers provide goodies for Iowa City Hospice events such as the Bereavement Support groups, Fall and Spring Memorial and other meetings.