



# Volunteer Opportunities

*Ways to make a difference in your community...*

## TRANSPORTATION

Volunteers transport clients to and from destinations for local medical appointments, out of town specials, and any other essential trips. As a volunteer driver, requests for transportation are filled on an as needed basis and based on your availability and distance preference. **Mileage is reimbursed.**

Volunteers are currently needed in all areas.

## MEALS ON WHEELS

Volunteers choose how often they are able to be on the schedule to help deliver meals (weekly, bi-weekly, monthly, or as back up)

**Hot Meals on Wheels** volunteers arrive at our meal site late morning and deliver meals right to the homes of the clients we serve. Meals are delivered Monday-Friday (except on holidays) over the lunch hour period. Trained volunteers work together to provide clients with healthy, nutritious, meals. One volunteer drives, while the other (runner) takes the meals to the client. As a “runner” a driver’s license and a vehicle is not required. Volunteers can choose to work alongside another volunteer when delivering hot meals, or they can choose to deliver the meals alone.

Volunteers are currently need in Prescott beginning April 1, 2021.

**Frozen Meals on Wheels** volunteers deliver meals once a week at a set day and time. The meals are picked up in cooler bags at our office, delivered to the homes of the clients we serve, and the cooler bags are returned to our office.

Volunteers are currently needed every other Thursday in Gananoque.

*In response to COVID-19 CPHC has prepared guidelines specific to each program to ensure our clients and volunteers stay safe during this time.*

## LIFELINE VOLUNTEERS

Volunteers install and service Lifeline equipment. There is also a component of teaching involved. Training and ongoing support are provided. If you have a driver's license and would enjoy helping the subscriber learn how to use the equipment, then this may be the volunteer opportunity for you! **Mileage is reimbursed.**

Volunteers are currently needed in all areas.

## EXERCISE AND FALL PREVENTION

Volunteers assist seniors and adults with physical disabilities in maintaining their health and independence. This is done by providing Seniors Exercise instruction that is geared towards each participant's functional ability under certification through the CCAA (Canadian Centre for Activity & Aging).

Volunteers are currently needed in all areas.

## REQUIREMENTS...

As a volunteer, you can decide how often you are able to help out. All Senior Support Services-CPHC volunteers are required to go through a screening process before becoming a volunteer which includes an application, reference checks, Vulnerable Sector check and an orientation to the program.

Volunteer drivers must have a valid driver's license, satisfactory Ministry of Transportation driver's abstract and a minimum of \$1,000,000 Personal Liability & Property Damage Insurance (although \$2,000,000 is encouraged).

# SIGN UP TODAY

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