

## **SENIOR RESOURCE SERVICES**

### **VOLUNTEER ACTIVITIES**

The following is a list of activities the Senior Resource Services Volunteer Respite and Volunteer Special Friend may perform while providing companionship.

1. Be a companion and friend to the elder and to family members.
2. Talk, reminisce, or play games with the elder.
3. Accompany elder to doctor, dentist, or other appointments, if approved by a family member.
4. Grocery Shopping
5. Errands with or without client

The following is a list of the activities the Senior Resource Services Volunteers may not perform.

1. Lift the elder and their equipment, i.e., wheelchairs.
2. Feed the elder.
3. Physically assist with bathing activities.
4. Do personal grooming such as shampooing, shaving, skin and nail care, or oral hygiene.
5. Give medications, including crushing medications into food.
6. Vacuum and clean the house or other heavy housekeeping chores.
7. Prepare meals