

dementia adventure®

Volunteer Role Description

Role: Holiday Supporter

Role Summary: To travel to one of our holiday locations across the UK and support the running of a five day residential holiday (usually Monday-Friday) for people living with dementia and their carers. Enabling them to get outdoors, connect with nature, themselves and their community, and retain a sense of adventure in their lives.

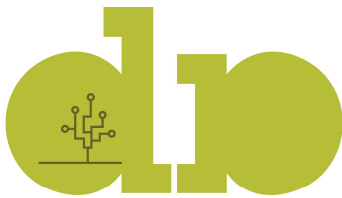
Time Commitment: We ask for a willingness to support us for the duration of one of our five day holidays a year. We will always try to give plenty of notice about upcoming dates. We also require some of your time before the holiday to prepare and after the holiday to de-brief on events, this is usually done over the phone or through Skype.

Supported By: Mostly by the Volunteer Co-ordinator (Carol Holdsworth) and the Head of Adventures (Catherine Reed). When away on a holiday the Adventure Leader and other volunteers.

Location: There is a full list of our holidays on our [website](#). We need 3 volunteers on each holiday at various locations throughout the year.

Description of Tasks:

1. Supporting a person living with dementia and their carer on their holiday (there is no expectation to provide personal care)
2. Being an extra pair of hands, supporting both partners with as little or as much assistance as they require with tasks such as unpacking/packing, physical support and guidance, support at meals times, support during activities
3. Meeting the Dementia Adventure team at the holiday location. Volunteers may be asked to collect or escort couples/other volunteers on the journey
4. If needed, taking a person living with dementia through a photo album, listening to some music with them, reading sections of particular books and so on. This could offer their carer a break for an hour or two or may be required to divert their attention if they're feeling restless/anxious/tired during the day
5. Supporting the Adventure Leader in ensuring guests are appropriately dressed for the weather for example, are they wearing enough layers for a cold/wet day or are they wearing sun cream and a hat for a hot day?
6. Working together as a team to support all the activities planned in the itinerary such as trips, walks and tours and ensure they are tailored to the specific needs of the group
7. Working together as a team to support mealtimes. This may include cooking meals, preparing packed lunches and supporting clients
8. Assisting the Adventure Leader in encouraging the clients to participate in the holidays as much as possible, for example encouraging them to get ready in the morning, to participate in activities, to eat and drink and to go to bed at night
9. Participating in a daily report each day of the holiday, recording what is said/how people reacted/important things to note
10. Administering first aid (training provided), should the need arise
11. Taking photos and/or videos on behalf of Dementia Adventure and sharing them after the holiday
12. Completing feedback forms and debriefs after each holiday
13. Any more support required by the Volunteer Co-ordinator/Adventure Leader
14. Undertaking any essential training in line with Dementia Adventure's policies and procedures



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Skills and Attributes

- Enthusiastic about walking and activity outdoors
- Friendly and thoughtful, focused on the needs of people
- Adaptable and reliable with good communication skills
- Good organisational skills, well prepared
- Confident and able to work independently
- Creative in thinking about making adventures interesting/beneficial
- Sensitive to the needs of people living with dementia
- Able to go on holiday with Dementia Adventure for five, consecutive days
- Preferred, some knowledge about the needs of people living with dementia and the benefits of walking, nature and outdoor activities but training will be provided

What's in it for you?

- A chance to share an experience with like-minded people
- The opportunity to join a growing movement of dementia adventures
- Access to Dementia Adventure volunteer resources
- The opportunity to spend time outdoors in stimulating environments and add to the growing bank of evidence that Dementia Adventure's work is beneficial
- Accommodation, which will most likely be shared with another volunteer, and board during the duration of the holiday and travel expenses to and from the holiday will be covered
- Regular supervision and support
- Out of pocket travel expenses
- Certificate of Volunteering on request

What you need to know

- The first step is to speak with the Volunteer Coordinator
- We require details of two suitable referees to contact on your behalf
- Participation in our induction programme is essential and forms part of the recruitment process, after which we shall make a decision whether to proceed with your application, subject to references.
- If you have had a bereavement within 12 months due to dementia illness this will be a consideration on your application
- Where relevant, participation in additional training may be required
- Volunteers are asked to adhere to all Dementia Adventure's current policies and procedures
- Volunteers are asked to maintain dependable and regular communication
- Community Ambassadors are asked to wear a Dementia Adventure T-shirt, issued at induction, whilst volunteering to ensure they are easily recognisable as a volunteer

What to do if you're interested?

Please contact Carol Holdsworth, Volunteer Coordinator, on 01245 237548 or email her at carol@dementiaadventure.co.uk for guidance on what to do next.