



WE NEED YOU

Find out about the different types of volunteering
and how you can help reach out to
our dementia community

SKILLS BASED VOLUNTEERING

Applicable for Time period: during COVID-19 phase and need for safe management practices.

Description Volunteers share their skills and engage clients virtually, such as through online exercise, arts and crafts activities, singing and dancing, etc.

Volunteers share their knowledge and engage caregivers virtually, such as on topics of self-care, etc.

**Structure/
Programme
Schedule** To follow a programme schedule, similar to our usual daily programmes at the Centres, except that this will be enabled by technology. Example ideas for consideration:

- Move It Mondays for exercise and movement activities
- Thankful Thursdays for gratefulness sharing
- Feel Good Fridays for learning a new skill

To take place at a particular scheduled time.

SKILLS BASED VOLUNTEERING (CONTINUED)

Structure/ Programme Schedule

For live sessions, volunteers sign in to the platform, such as Zoom, earlier to do audio and video tests, and resolve technical issues if any. Clients and caregivers sign in at a later time.

For example:

10.30am – Volunteers and ADA staff sign in, test audio, etc. ADA staff brief volunteers on interacting with clients, do's and don'ts, etc.

11.00am – Clients and caregivers begin to sign in. Buffer time for interaction and await for all to be present

11.15am – Activity for the day begins

12.00pm – Thank you and end of session

For pre-recorded sessions, ADA can post the videos on our YouTube channel and prepare a time slot to “Go Live”. Volunteers and clients can tune in and share their comments on the feed.

SERVICE BASED VOLUNTEERING

Applicable for Time period: possible when there is a gradual easing of measures* and based on government directives, more volunteering activities are progressively allowed.

Description Volunteers provide service in terms of distributing care packages to clients and caregivers, such as through packing goodie bags to be distributed to the Centres.

Volunteers provide service in terms of helping to ensure cleanliness of Centres for our vulnerable clients.

Structure/ Programme Schedule

To determine items to prepare for care packages and/or cleaning of Centres, such as hand sanitisers, disinfectants, etc., and mode and date(s) of distribution. For example:

- Prepare and pack offsite and drop off at clients' home, the Centre or designated pick-up point

**TBD. MCCY will issue further advisories to guide VHOs on the management and deployment of volunteers in the subsequent phases, and ADA VM will continue to adhere to government directives.*

EVENT BASED/AD-HOC VOLUNTEERING

Applicable for	<p>Time period: during COVID-19 phase and need for safe management practices.</p> <p>For physical volunteering, it will only be possible after the situation improves and government directives state that normal operations may resume.</p>
Description	<p>Volunteers celebrate events with clients virtually, such as Mother's Day. Volunteers can either do a pre-recording or live session, whichever the volunteer group is more comfortable with and based on the tech capabilities.</p>
Structure/ Programme Schedule	<p><i>For celebration of events virtually, refer to Structure/Programme Schedule under Skills Based Volunteering, pg 3, for example of timetable.</i></p> <p>Volunteers can also take a video or selfie of themselves/write encouraging words and string this together in a heartfelt video for sharing with the dementia community to encourage and uplift them during this tough time. For example, to wish all mothers and grandmothers a Happy Mother's Day. Volunteers may wish to compile the video or send the collated files to ADA for compilation. Volunteers and ADA will share the video to be published beforehand with each other to ensure all is in order before ADA posts on our social media.</p>

EVENT BASED/AD-HOC VOLUNTEERING (CONTINUED)

Description

When situation improves and government provides clearance.

Volunteers celebrate “Homecoming” and return to normalcy, such as through a welcome back party for clients and caregivers. Similar to preparing for a birthday, they can welcome all back to the Centre with good food, music, and games.

Structure/ Programme Schedule

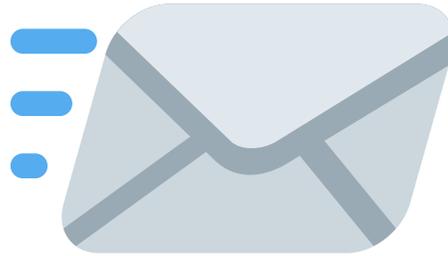
For “Homecoming” party, volunteers can suggest activities for the day:

9.30am – Volunteers arrive, attend volunteer orientation and set up for celebration

10.00am – Volunteers interact with clients in daily activities

10.30am – “Homecoming” party time! Volunteers can put up a performance for clients, sing songs and dance with them, etc.

11.30am – Lunch/refreshment time/cutting of cake to commemorate return.
Thank you and end of session



SHARE YOUR THOUGHTS AND IDEAS WITH US

Write in to: volunteer@alz.org.sg

Help us to continue reaching out to our dementia community in various ways, to ensure that people living with dementia are keeping active and engaged while staying at home, and that our caregivers are receiving as much support as possible.

Stay strong. Stay as one. #DespiteDementia, we got this. #SGUnited