

VOLUNTEERING OPPORTUNITIES

Weekdays

	Arts and Dementia	Daycare (Programme Support)	Family of Wisdom (Programme Support)	General Helpline
Type of Interaction	Interaction with clients (direct volunteering)	Interaction with clients (direct volunteering)	Interaction with clients (direct volunteering)	No interaction with clients (indirect volunteering)
Minimum Age	18 years old	18 years old	18 years old	-
Description	Assist staff in the programme which uses various art forms to engage clients such as museum tours.	Assist staff in daily activities and operations such as to engage clients in meaningful activities at the New Horizon Centre (NHC).	Assist staff in daily activities and operations such as to engage clients in meaningful activities at the Family of Wisdom (FOW).	Provide information to those who call the Dementia Helpline, a service for caregivers that provides a listening ear, attends to their concerns in caring for their elderly loved ones or assists them in managing situations at home.
Webpage	https://alz.org.sg/arts-dementia-programme/	https://alz.org.sg/nhc/	https://alz.org.sg/fow/	https://alz.org.sg/help/#helpline
Venue and Time	Bukit Batok / Jurong Point / Tampines / Toa Payoh / Bendemeer / Tiong Bahru 10.00am – 1.30pm	Bukit Batok / Jurong Point / Tampines / Toa Payoh Between 9.00am – 3.00pm	Bendemeer 9.30am – 12.30pm / 2.00pm – 5.00pm Tiong Bahru 9.00am – 12.00pm / 2.00pm – 5.00pm Toa Payoh 9.00am – 12.00pm / 2.00pm – 5.00pm	Bendemeer 9.00am – 1.00pm / 2.00pm – 6.00pm

Weekends

	Complimentary Eldersit	Memories Café	Saturday Extension	Admin Support (Support Groups / Training)
Type of Interaction	Interaction with clients (direct volunteering)	Interaction with clients (direct volunteering)	Interaction with clients (direct volunteering)	No interaction with clients (indirect volunteering)
Minimum Age	18 years old	18 years old	18 years old	-
Description	Assist staff to engage clients while their caregivers attend support groups / training once a month.	Assist staff to engage caregivers and clients in social activities in cafés. Choose to be a volunteer engager to support artists and hype up the session, volunteer artist to entertain through performing, or volunteer leader to host the session and ensure it is conducted smoothly.	Assist staff to engage clients in meaningful activities at the Centre once a month.	Assist staff to help caregivers of persons with dementia find respite, enhance their skills and better care for their loved ones with dementia. Assist in registration, logistics and preparation, such as of refreshments, as needed for support groups / training.
Webpage	-	https://alz.org.sg/memoriescafe/	-	-
Venue and Time	Tiong Bahru, 10.00am – 12.30pm Toa Payoh, 2.00pm – 4.30pm	Venue and time are subject to the café session. Volunteers who wish to help in this role will be updated by the programme coordinator on the details.	Toa Payoh, 8.30am – 4.00pm	Bendemeer, 8.30am – 1.00pm / 9.30am – 1.30pm / 1.00pm – 5.30pm Jurong Point, 1.30pm – 5.30pm Tiong Bahru, 9.30am – 1.30pm Toa Payoh, 1.30pm – 5.30pm

Ad-hoc / Event-based

	Art Therapy	Outing Guardians	Admin Support (Public Edu Talks)	Dementia-Friendly Community (DFC) Volunteer	Graphic Design Associate	Translation Associate
Type of Interaction	Interaction with clients (direct volunteering)	Interaction with clients (direct volunteering)	No interaction with clients (indirect volunteering)	No interaction with clients (indirect volunteering)	No interaction with clients (indirect volunteering)	No interaction with clients (indirect volunteering)
Minimum Age	18 years old	18 years old	-	-	-	-
Description	Assist art therapist in sessions to set up materials and encourage clients to engage in art-making.	Assist staff and be a guardian to accompany and assist clients during outings.	Assist staff with administration for public education efforts.	Be a Dementia Friend and be trained with the knowledge and skills to help persons with dementia continue living independently. Raise awareness about dementia and share about ADA during public outreach efforts.	Provide graphic design for informational / captivating collaterals.	Assist with translation of materials for those fluent in written and spoken languages.
Webpage	-	-	-	-	-	-
Venue and Time	As this is ad-hoc / event-based volunteering, venue and time are subject to the event. Individuals who wish to help in these ad-hoc / event-based roles may fill in the volunteer registration form, attend the mandatory volunteer orientation and indicate their interest when ADA seeks for volunteers via email.					