



We Rage, We Weep
Alzheimer Foundation

VOLUNTEER SELF-REVIEW FORM

Is volunteering with We Rage We Weep Alzheimer Foundation a good fit for me?

Working with those who have dementia can be challenging. We encourage those considering volunteering in this arena to reflect on the following questions. If you feel confident you have the appropriate skills please complete the Volunteer Application Form. An interview will then be conducted to complete the volunteer orientation process. Additional support & training will always be made available to you as needed or requested throughout your volunteer experience with our Foundation.

- 1) How compassionate am I? Do I understand it's the disease not the person that makes them the way they are?
- 2) Do I have a sense of humour?
- 3) Can I be patient? Do I make time for the person with dementia?
- 4) Can I be quiet with the person?
- 5) Can I be a good listener? A good detective, in order to understand what they might be trying to communicate?
- 6) Can I guide, encourage and support without taking over and doing it for them?
- 7) Do I understand that repeating a phrase or idea over and over again is part of the disease and that the person with dementia doesn't realize they are repeating the same phrases or questions?
- 8) Can I nurture the remaining talents and capabilities of the person with Alzheimer's disease or related dementia?
- 9) Have I learned to "join their journey" whatever time or place that journey may take occur in?
- 10) Have I learned how to connect with them, ask simple questions and interact to draw out their participation?
- 11) Have I learned to let go of judgement, the need to correct or fixation on time or place and allow them to express themselves to the best of their ability?
- 12) Have I learned that as long as no harm is done to themselves or others physically, mentally or emotionally to just go with it?
- 13) Do I understand that dementia may exhibit itself in a fashion as unique as each individual with the disease?

If you, wish you may even take a few moments to write a statement regarding what you feel you can bring to a person with dementia that enhances their life. _____
