





VOLUNTEER OPPORTUNITIES

Call the Volunteer Coordinator at 715-839-4735 or visit our website:

www.eauclaireadrc.org

Click on the "Volunteer" link to explore how you can become a member of the Volunteer Program at the ADRC of Eau Claire County.

Program	Description	Qualifications**	Time Commitment
Meals on Wheels Delivery 	Deliver a meal & friendly visit at lunch time to home-bound seniors. <i>Mileage reimbursement is available.</i>	A vehicle is needed for delivering meals, some lifting & walking required.*	Frequency is weekly, monthly, seasonally, or whatever fits into your schedule. Meal delivery is M-F between 10:30am-1pm.
Senior Dining Site Volunteer 	Help with setting tables, registering, serving food, and cleaning up at a congregate meal site.	Transportation to the meal site, some walking.	Frequency is weekly, monthly, seasonally, or whatever fits into your schedule between 10am-1pm.
Liquid Supplement Delivery Driver	Deliver cases of liquid nutritional supplement from the ADRC to homebound seniors. <i>Mileage reimbursement is available.</i>	Be able to lift at least 15 pounds at one time. A vehicle is needed for delivery.*	Wednesdays, between 9:00 am & 1:30 pm. One to two times a month.
Meals on Wheels Assessor	Conduct over the phone assessments with participants for the purpose of determining continued eligibility for the Meals on Wheels program.	Friendly, interviewing skills, using a structured form and experience in health care or long-term care are favorable.	Monthly, on-going appointments, based on your availability. Each assessment is approximately 1 hour.



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Program	Description	Qualifications**	Time Commitment
Health Promotion and Prevention	Leader(s) for a variety of health promotion and prevention classes work with a highly structured curriculum for each session. Leaders teach and model skills that assist individuals in reaching positive and healthy living. Seeking long-term volunteers and	Enjoy helping people, can speak in front of small group, work with and instruct others. Programs vary in training commitment and is required for each leader to facilitate classes.	Classes are 7-8 weeks in length. As a leader you would need to be available for all classes during your scheduled session. Sessions are scheduled by the program coordinator, with your availability considered.
Memory Cafe Volunteer	Welcome and socialize with guests. Help with set-up and clean up, Lead & assist with activities.	Have experience with people living with dementia, patience, calm demeanor. Fun, outgoing personality.	Once per month for 2 hours.
	To view other Eau Claire County Volunteer Opportunities go to:	www.eauclairecounty.org Click <i>How do I...</i> Click Volunteer Opportunities	

*All individuals volunteering for a driving position are required to carry \$100,000 per person and \$300,000 per accident automobile liability insurance.

** A background check is required for all volunteer positions.