



## WalkMate Volunteer

### Position Objective

To provide skilled supported walking and conversational opportunities for people who are frail aged or have a disability, including those who care for them to remain socially connected and physically healthy.

### Key Responsibilities and Duties

The WalkMate Volunteer needs to: -

- Volunteer for a set period of time on a regular basis
- Encourage WalkMate clients to undertake walking and light exercise in a safe manner that increases their personal level of fitness and confidence
- Build a friendship with the client and encourage their social interaction
- Monitor the wellbeing of the client and liaise with the SPDL Coordinator of Volunteers if there are any concerns or issues that arise
- Report any genuine concerns in relation to a client's emotional or physical health or situations of elder abuse
- Apply SPDL policies and procedures while undertaking the volunteer role, especially in relation to Occupational Health and Safety (OHS) and reporting incidents, Anti-Discrimination and Privacy and Confidentiality policies.
- Be able to apply an active ageing approach to working with older people
- Recognise the ability of a person with a disability and support them to reach their potential
- Behave in an appropriate respectful manner at all times and report any inappropriate behaviour by clients or other volunteers to SPDL team members
- Report any genuine concerns in relation to a client's emotional or physical health or situations of elder abuse
- Be aware of SPDL's Employment Assistance Program (EAP) and speak to the Volunteer Program Coordinator or General Manager confidentially should they believe they need personal support

### Specialist Skills and Knowledge

The WalkMate Volunteer will have: -

- The capacity to walk at the pace of the client and make them feel at ease, safe and confident with the route and routine of exercise.
- The capacity to build confidence in the client's capability to undertake and complete the activity

## **Qualifications and Experience**

The WalkMate Volunteer will need to be: -

- Experience in or the interest in understanding mobility issues affecting older people
- Experience in and enthusiasm for encouraging others to exercise.
- Appreciate the manual handling requirements of supporting an older person

## **Conditions of Volunteering**

The volunteer role is based upon the following: -

- The position as a WalkMate is a voluntary one.
- An allowance of \$5 per visit may be made or can be donated back to SPDL.
- WalkMates should expect regular support and contact from the SPDL Coordinator of Volunteers.

## **Key selection Criteria**

The WalkMate Volunteer will have:

- An interest in exercise and improving mobility of older people
- The capacity to provide support and friendship to clients on a professional and ongoing basis
- A genuine desire to support older people and people with a disability
- The ability stay calm and support a person achieve to the level they are capable and not put them at risk
- A willingness to undergo a criminal records check
- A willingness to sign an agreement with SPDL and the client