



Unit C - 450 Eighth Street
Courtenay, BC
V9N 1N5

Position Details

Position: LIVING WITH STROKE FACILITATOR Program: The Heart & Stroke Foundation is introducing a new program to BC Yukon this program is made up of 6 - 8 sessions that engages persons living with stroke and their care partners in learning about stroke based on their own situation. It encourages participation and is supported by, a detailed Facilitators Manual, DVD segments and a Participant Workbook. The program helps people with stroke cope with changes as a result of stroke and problem solve to meet their individual situations. It is based on concepts of self-management and is offered by trained Volunteer Facilitators. Living with stroke provides a social and supportive atmosphere in a community setting. Applicants (working in teams of 2 people): Persons with a current or past history of working with stroke survivors and their families (may include: Physiotherapy, Occupational Therapy, Speech Language Pathology, Social Work, Nursing, Teachers, Educators etc...) Persons living with Stroke, Family Members/ Care Partners Responsibilities: To attend a Volunteer Facilitators 1 day training workshop To work collaboratively with Heart & Stroke Foundation, Manager Survivor Support -To plan for Living with Stroke programs in your community, 2 times per year (based on population and attendance levels) -To arrange for a local venue in which to hold the Living with Stroke program, make contact, and arrange space, equipment etc. -To submit Program logistics to Central Registration - Set up registration process with 1.800 Information Line - To ensure materials for the course are ordered from the Provincial Office prior to the start of the course -To ensure all registered participants are aware of the start time date and place To hold the Living with Stroke program in the format that it was designed To submit all required program costs and/or receipts according to the operating grant process To actively participate in the facilitator network (webinars, or teleconferences) for ongoing learning Skills: Experience in educational workshop delivery Knowledge about stroke and rehabilitation aspects Able to manage diverse group dynamics Able to communicate effectively Able to facilitate and manage the local arrangements for the group session For more information and application, please go to www.heartandstroke.bc.ca/volunteer or call Deborah 778 372 8012.

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| Job Title: | Volunteer Facilitator for "Living With Stroke" program |
| Criminal Background Check Required: | No |
| Organization Name: | Heart and Stroke Foundation |
| Organization Address: | 401-495 Dunsmuir St. |
| Event Date (If Applicable): | 0000-00-00 |
| Contact Name: | Colleen Suther |
| Contact Phone Number: | 250-754-5274 |
| Contact Email: | CSuther@hsfcanada.onmicrosoft.com |

Volunteers: Please take this form to the volunteer coordinator listed above. Member Organizations: If any information is incorrect on this form, please let us know as soon as possible by contacting 250-334-8063.

Tips and tricks for a new volunteer

- 1. Choose Wisely/Research and Do Your Homework:** There may be a specific aspect of animal welfare that is very important to you. Are you passionate about spay/neuter? Homelessness? Animal therapy? Pet nutrition? Take the time to seek out an organization whose mission speaks to you.
- 2. Ask For/Offer Referrals:** Let people know that you are looking to volunteer, and what your interests are. Your own community is an ideal place to reach out when looking to be connected to a group that means something to you. Once you find something you love—spreading the word is a great way to further the cause.
- 3. Don't Overcommit:** As eager as you are to make a difference, you don't want volunteer projects to rule your schedule. Make sure you balance your time carefully so that your professional life or family time doesn't take a critical hit.
- 4. Have Fun:** Helping others is its own reward, but it shouldn't feel like a chore. Even the most mundane task can be fun if you manage it with a sense of humor and excitement for making a difference.
- 5. Consider Your Skills:** Ask yourself what you have to offer: What skills do you have and how can they translate to helping your animal welfare agency? If you're a good photographer, maybe you can take pictures of the animals up for adoption.
- 6. Learn Something New:** Yes, you've got something to offer, but what else can you get out of this experience besides the joy of giving back? Trying things that may be out of your comfort zone forces you to learn and adjust—a skill all of us can benefit

from.

7. Combine Your Goals: Look for volunteer opportunities that will help you achieve personal goals in addition to the goal to do good. Maybe you want to shed a few pounds? Find a shelter that needs a dog walker.

8. Pull In The Same Direction: While you may have your own ideas on how things should be done, remember why you are volunteering—everyone is there with the same good intentions.

9. Involve Your Friends and Family: When a family volunteers together, it's a win-win for everyone. The experience can bring everyone closer together, teach young children the value of giving, introduce skills and experiences never before encountered, and create special memories.

10. Be Yourself: Bring your heart, your sense of humor, and your enthusiastic spirit to your volunteer service.