**Dementia Activities’ Volunteers**

**About this role:**

Volunteers can provide time and companionship to patients at Kingston Hospital who have been affected Dementia. At present, only certain wards allow visitors (one visit of 40 minutes per week per patient allowed on designated wards) and many patients have or have no visitors of their own. This role involves spending time with patients, running small group or 121 activities of interest to them, reading aloud to patients and finding out about people’s lives.

**What is the commitment?**

As this is a role that can be done from home, we are asking for volunteers to give up to three hours per week. This can be done all in one block, or split over the week for greater convenience.

**What will I be doing?**

* Connecting with patients via A Touch Away - a secure app which facilitates one-to-one virtual meetings.
* Finding ways to build rapport with patients and find common ground to talk about
* Introducing activities, such as presentations, cross-words or reading aloud from a newspaper/website
* Recognising when patients’ have additional needs that are beyond the boundaries of the role that require feedback to the ward.
* Liaising with the Ward, Dementia & Delirium Team and Volunteering Team.

**What Skills, Knowledge and Experience is helpful in this role?**

* Comfortable and confident talking to people from all walks of life
* Comfortable and confident downloading an app and utilising your personal technology to contact patients via the technology available to them in hospital.
* Great at cross-words!
* Enjoys public speaking

**Essential requirement / commitment**

* Over 16 years of age
* All Dementia Volunteers will require a DBS check
* Commitment of  3 hours per week for a minimum of 6 months
* Live, work or study within a 5 mile radius of Kingston Hospital
* Before you get started with your volunteering role, you will be invited to refresh your knowledge of Information Governance via an online platform for e-learning, E-Learning for Health.
* Participation in the training relevant to your role and confidential discussion of any reasonable adjustments required to meet your needs.
* To live our values through your volunteering role at Kingston Hospital:

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**How will I be supported and what will I gain from this opportunity?**

* Join an enthusiastic volunteering team of people who want to make a difference, just like you.
* Learn new skills and develop existing skills.
* It can contribute to your personal development and confidence.
* You will be making an important contribution to your local community throughout your volunteering journey at the hospital.
* Invitation to 2 x annual awards to celebrate the support our volunteers give. An opportunity to meet other volunteers at the trust.
* Annual refresher training.
* A reference to support applications – please kindly note that this is only provided after our minimum commitment has been met.

**Contacting  the Volunteering Team**

If you have any enquiries or would like to discuss anything further please do get in touch

Email: [khft.volunteering@nhs.net](mailto:khft.volunteering@nhs.net)

Telephone: 0208 934 2549 / 0208 934 3620

**Learning Needs Analysis**

**Learning outcome**

By the end of training, volunteers will be confident to use their own technology to connect using InTouch or other suitable secure app, with patients who have dementia and are in need of companionship and cognitive stimulation at Kingston Hospital.

**Learning objectives:**

* Quickly establish rapport with patients
* Lead activities that the patient may wish to engage with, e.g. cross words, presentations, reading aloud, conversation
* Listen actively to patients
* Offer emotional support
* Recognise cause for escalation and inform the ward with any issues regarding their care or safeguarding issues

**Learning Needs:**

* Basic understanding of Dementia and how hospitals can affect those with the condition
* Skills for establishing rapport – positive introductions, open questions, self-disclosure and finding common ground.
* Access to resources including cross-words, magazines, newsfeeds and books for reading aloud.
* Active listening skills
* Awareness of challenges which may arise and how to manage or escalate them to the ward

**Modes of training**

**Online modules** (e-learning for health): Adult Safeguarding, Role & Boundaries of the Volunteer, Communication skills

**Handbook (Slide Deck):**

* About the patient demographic at Kingston Hospital
* Introduction to Dementia
* Active listening skills
* Opening and closing your session
* Resource library – ideas for engaging with others
* FAQs and how to respond appropriately