

# Arcare Prospective Volunteer Questionnaire

**Name:**

**Address:**

**Email:**

**Phone:**

**Arcare Residence**

**Please outline your current situation**

Currently employed

Retired

Student

Family Manager

Not employed

Other

1. What attracted you to volunteering with Arcare?

2. Do you have any volunteering history? If so, please include in your response the organisation, date commenced and duration of volunteering.

3. Arcare wants to ensure your time volunteering with us is rewarding. We invest in our volunteers with regular training for your role, ideas for activities and ongoing support. In return, we require a 6-month commitment from our volunteers, which includes a 3-month probation period.

Is this suitable for you?

Yes

No

4. What experience do you have with the elderly? Please share your stories, such as parents, grandparents, neighbours etc.

5. When are you available to volunteer with Arcare?

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time available							

Frequency  
(ie. Weekly,  
Fortnightly)

Below are the opportunities we have for volunteering with Arcare. Please select those of interest to you:

**Reminiscing Group (based on Cognitive Stimulation Therapy)**  
*1 hour per week (including setup and pack away)*

Do you enjoy sharing stories, and listening to others? We are looking for outgoing and enthusiastic volunteers, who are willing to be trained by our Lifestyle staff, to facilitate Life Reminiscence Groups for 30 minutes per week. From our experience, residents with mild dementia benefit greatly from the opportunity to sit together and share memories. We will provide you with ongoing support and a handbook to help ensure your group is a success.

**Word Quiz or Card Games - Calling all quiz masters**  
*1 hour per week*

Are you someone who enjoys a word quiz or card game? Many of our residents enjoy a weekly word quiz, or game of cards, held in the lounge, where they work as a team to solve word challenges. Perhaps you're a teacher, or have had experience public speaking? This role could be ideal for you, as you bring your love of words and games to residents.

### **Music Appreciation - Bring the gift of music!**

*1 hour per week on weekday or weekend*

Are you an experienced pianist, or guitarist, who could play music for our residents? Many of our residents love listening to live music. We are looking for an enthusiastic volunteer to bring their love of music, and kind heart, to play gentle tunes in the lounge for our residents to enjoy. You'd be welcome to play pieces you've prepared, or facilitate singalongs of old favourites for our residents to sing together.

### **Weekend Volunteers - Social visits promoting emotional wellbeing and cognitive health**

*1 hour per week or fortnightly basis*

We will provide you with training for interacting with residents who have dementia, along with conversation starters and suggested activities. Perhaps you have a dog who is friendly and trained, you could bring along for visits too? This opportunity is suitable for individuals, couples or families, who would enjoy providing companionship to the community of Arcare residents.

If you have a suggestion of how you could be involved, please describe in the space below:

Thank you for your interest in volunteering with Arcare. We appreciate you taking the time to complete this questionnaire, and will contact you shortly to discuss next steps.

If you have any queries regarding this form, please email:

Margaret Furlong

Volunteer Coordinator

[margaret.furlong@arcare.com.au](mailto:margaret.furlong@arcare.com.au)

or call (03) 9559 9185.