



CVCOA Creative Companion Volunteer Position Description

Objectives:

- Reduce social isolation of home-bound older adults.
- Engage in meaningful companionship inspired by creative pursuits.
- Contribute to making creative activities accessible to older adults.
- Engage in activities that promote healthy brain functioning.
- Support elders in leading healthy, meaningful and dignified lives.

Qualifications/skills:

- Ability and desire to converse with people of all backgrounds and philosophies.
- Interest in engaging in creative activities and conversations around creativity.
- Ability to understand and practice confidentiality regarding program participants.
- Dependability and encouraging disposition.
- Ability to follow and give direction and perform tasks independently.

Responsibilities:

- Complete creative activities included in the Creative Care Kit.
- Communicate regularly with up to 3 program participants (virtually or in-person).
- Converse with other Creative Care Kit participants in a welcoming and encouraging way.
- Participate in training to learn Creative Aging best practices.
- Assist with completing surveys to help improve participant experience.

Time Commitment: approx. 6-12 hours per month

Volunteers will serve as creative companions for up to 5 participating community members. Time commitment includes making monthly phone calls



Supporting Central Vermonters to Age with Dignity and Choice
CVCOA Helpline: 1-802-477-1364

or video calls to participants, engaging with creative activities, assisting with surveys, and completing training.

Supervisor: Luke Rackers, Director of Development and Communications, or another Volunteer Coordinator or Director at CVCOA.

Benefits:

- Enjoy relationships and creative activities that are rewarding and engaging to both you and program participants.
- Obtain experience with diverse members of your community.
- See the difference you make in the lives of older Vermonters.
- Contribute to the greater good of your community.
- Receive ongoing support and recognition from CVCOA.

No previous formal experience necessary—training provided

We strongly encourage volunteers who are people of color, indigenous, immigrants and refugees, LGBTQ+ and People with disabilities to apply.

If you are not already an approved Central Vermont Council on Aging volunteer and want to volunteer, apply online at www.cvcoa.org/volunteer-application, or call 802-241-4840 for more information about this position.