50 Ideas for Volunteering in a Nursing Home

There is something for everyone!

1. Visit with residents; group, or one-one.
2. Do manicures
4. Help with gardening
5. Answer the phone at the reception desk
6. Paint a mural with resident's help
7. Play a musical instrument
8. Help with fundraising
9. Play cards
10. Escort residents to in-house appointments
11. Start a club about something you enjoy
12. Lead a Bible study or Devotional readings
13. Help in the dining room during meals
14. Decorate for holidays
15. Mend clothing
16. Distribute mail
17. Help put together jigsaw puzzles
18. Teach residents to use a computer
19. Wash wheelchairs & other equipment
20. Read some jokes
21. Set up and clean-up for special events
22. Join residents on outings
23. Play board games
24. Video call facilitation: Volunteers set up calls so residents can connect with distant family members
25. Bring a pet to visit
26. Do hand massages with lotion
27. Read to residents

Sonya Barsness and Karen Stobbe

28. Help residents write letters
29. Ask a resident to teach you something
30. Represent at a conference at the booth.
31. Visit with residents and listen to their stories
32. Smartphone and tablet coaching: Volunteers teach residents how to use touch screens, text, or access social media.
33. Transport residents to meals, activities, and rehab sessions
34. Virtual reality (VR) travel: Volunteers bring VR headsets to let residents "visit" their childhood hometowns or travel the world from an armchair.
35. Shine residents' shoes
36. Teach a resident to use a Smartphone
37. Lead sing-a-longs
38. Help in the coffee shop or gift shop
39. Become a volunteer ombudsman
40. Decorate bulletin boards
41. Help with worship services
42. Assist with craft projects
43. Rearrange funeral flower arrangements into individual bouquets
44. Do clerical tasks; copying, envelope stuffing)
45. Accompany residents outdoors
46. Lead an indoor walking group
47. Document life stories
48. Bring babies/children to visit
49. Greet visitors at the front desk
50. Lead a baking/cooking class

"Volunteers do not necessarily have the time; they just have the heart."
Elizabeth Andrew

"The world is hugged by the faithful arms of volunteers." Terri Guillemets

About Me Sheet: For Volunteers

My name is _____

I like to be called _____

I like to be contacted by ___ Phone call ___Text ___ Email

My contact info: Phone _____

Email: _____

I have experience with people living with dementia ___No ___ Yes

If yes, in what way? _____

I have physical limitations, they are: _____

_____

I can be available to volunteer:

- ☐ Various days and times
- ☐ Every _____ (name the days)
- ☐ I would like to choose based on what is happening
- ☐ Whenever you need me.

___ I am open to being part of activities. ___ I am open to helping at meals

___ I could help with events ___ I could bring a pet for a visit

___ I am comfortable leading an activity ___ I could lead a presentation.

Sonya Barsness & Karen Stobbe

I grew up in _____

My occupation is/was _____

I have/had _____ siblings I have/had _____ children

One of my favorite things to do has always been _____

_____

Some things I enjoy are:

☐Paint: What kind? _____

☐Music: What kind? _____

☐Sing: What type? _____

☐Games/Cards: What kind? _____

☐Watch sports: Favorites? _____

☐Cooking/Baking: Favorites? _____

☐Crafts: What kind? _____

☐Other Hobbies? _____

Anything else would you like to tell us?

_____

_____

_____

Thank you.

Webinar 8 – Person Centered Dementia Care with Families & Volunteers

Online Resources

Family Council Information

Family Council Manual and Toolkit

Virginia Family Council Grant

Consumer Voice Family Council Info

Volunteering

The National Association of Long-Term Care Volunteers (NALTCV)

CAHF - How to Build a Volunteer Program

How to Volunteer

Center for Volunteer Caregiving

Books

Creating the Volun-Cheer Force: Rethinking the Way We Use Volunteers in Long-Term Care by Paul Falkowski

The Volunteer Management Handbook by Tracy Daniel Connors: A practical reference for organizing, supporting, and retaining volunteer teams.

Essential Volunteer Management by Steve McCurley: A core guide for handling daily operations and working with volunteers effectively.