



POSITION TITLE: Minds in Motion Program Assistant (*Volunteer*)

PURPOSE: The Minds in Motion® program combines physical activity, socialization and mental stimulation for people with early to moderate symptoms of Alzheimer's disease or another dementia to attend with a family member or community friend.

RESPONSIBILITIES

Under the direct supervision of the Minds in Motion® Manager, or lead facilitator, the volunteer will be required to:

- Arrive at the front lobby of the community site 30 minutes prior to the program start time to assist with the transportation of program equipment to the program area
- Assist with the set-up/take down of tables, chairs, and program equipment
- Assist the physical activity leader with setting the area, distribution/collection of equipment
- Assist participants with the use of equipment as directed by the physical activity leader
- Greet & welcome new/returning participants; introduce participants to one another as needed
- Actively engage with program participants and fellow volunteers
- Develop a rapport with program participants; learn to identify participants under stress or in need of additional support and discuss with the Minds in Motion® manager, or lead facilitator
- Accompany participants, if appropriate, to alternate program areas within the community site
- Assist with the preparation and clean-up of refreshments
- Learn a variety of program games and activities while developing facilitation skills
- Remain 30 minutes after the conclusion of the program to debrief and document participant engagement levels with the Minds in Motion® Manager, or lead facilitator
- Assist with the transportation of program equipment back to the community lobby area
- Sign and abide to the Alzheimer Society of Manitoba's confidentiality agreement
- Other related duties as assigned

RECOMMENDED ABILITIES

- Group program facilitation experience preferred
- Awareness of the impact of dementia on individuals and families
- Effective communication and motivational skills
- Lifting up to 20lbs

TRAINING

- The Alzheimer Society of Manitoba requires all program volunteers to participate in a 60-minute information session on the Minds in Motion® program
- Volunteers and physical activity leaders will be required to attend a mandatory 3-hour dementia-educational session on communication and changing behaviours of people with dementia
- Physical activity leaders are required to attend a 4-hour mandatory training session identifying program elements and adaptations.