

**STUART LAKE HOSPITAL
JUNIOR VOLUNTEER PROGRAM**

The age for youth volunteers (boys and girls) is 15-18 years. The hours of work are flexible but are generally between 3:30 and 5:30 on weekdays and at the volunteer's discretion on weekends.

The program is in constant flux based on the Auxiliary volunteers available to help out, the number of junior volunteers enrolled and the needs of the hospital. An orientation is held before volunteers are set to work and includes topics such as wheelchair safety, fire safety, infection control (hand washing and personal hygiene etc.), working with elderly and people with dementia, communication and duties and responsibilities.

The Hospital Auxiliary of Stuart Lake Hospital is the program sponsor and is responsible for providing a uniform and learning materials.

We request a 30 hour commitment for the year.

Junior Volunteers are very important members of the Stuart Lake Hospital community which includes patients, residents (extended care) and staff.

Becoming a Volunteer:

Steps involved:

1. **Forms:** Download the application form from the Auxiliary website (hospitalauxiliary.fortstjames.com). The deadline for applications to be returned is Oct. 30.
2. Call one of the numbers below to arrange to have your application picked up. You will then be scheduled for a brief interview to determine suitability and then informed of the orientation date.

For more information about the Junior Volunteer Program at Stuart Lake Hospital. Call or email:

Helen Frederick: 250-996-0119 hfrederick52@gmail.com

Karen Work: 250-996-7718



How do I join?

- Complete an application form
- Attend an interview
- Complete orientation and training

What will I have to do?

- Commit to a weekly schedule
- Wear a uniform and name tag
- Follow rules and regulations of the facility
- Be patient, kind, and smile a lot!

How do I get more information?

- Contact your local auxiliary
- Contact your local hospital or health care facility



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VOLUNTEER OPPORTUNITIES for YOUTH



A Program
of the
**British Columbia Association
of Health-Care Auxiliaries**



What's in a Name?

Member auxiliaries in the BCAHA are the sponsors of the youth program in the Province of BC.

Each auxiliary decides what they will call their group:

- Volunteers
- Youth Volunteers
- Candy Strippers, Cadets
- Junior Volunteers



How the Program Works

Each auxiliary appoints and supports an advisor or a convener to oversee the youth program. They will work alongside the staff at the health care facility to coordinate the program. Together they will determine the best way to engage youth in meeting the needs of patients and residents.

Why do I want to be a Volunteer?

- Scholarship, Bursary opportunity
- Meet new friends
- Develop self-confidence
- Explore possible careers in health care
- Add experience to my resume
- Help others
- Reference letters from professionals for future employment
- Community hours for graduation



What will I learn from this?

- To follow instructions
- To work with others
- To work independently
- To communicate effectively
- To enjoy the rewards of helping others

What tasks might I perform?

The tasks you do will depend on the needs of the facility. Examples of some of the tasks are:

- Visit with patients or residents
- Play a game, look at a magazine together and be a friendly visitor
- Stock carts and rooms with needed items
- Direct patients and visitors
- Deliver meals
- Refill water containers
- Assist with feeding, only if you have been trained
- Deliver flowers
- Assist with auxiliary functions in the hospital and the community

