

Volunteer Position Description

Living Well with Chronic Conditions

Position Title: Peer-leader

Purpose: The peer-leader helps older adults manage chronic health conditions to stay healthy and remain active; enjoying social activities. As the leader of the program, you will encourage older adults start taking small steps towards improving their health.

Location: 15 Salt Lake County Senior Centers and virtual

Key Responsibilities:

- Deliver the program as set in the leader manual
- Keep all participants identity and contact information confidential
- Prepare all materials at least two days before teaching a workshop series
- Basic use of computer
- Discuss any problems with the program coordinator
- Keep track of the require paperwork for the class
- Have reliable transportation
- Arrive 15-30 minutes before each workshop
- Be a positive role model
- Respect each other and the diversity of the participants

Reports to: Program coordinator Erika Thompson

Length of Appointment: The peer leader is assigned to teach one day per week for 2 1/2 hours for a period of six weeks.

Time commitment: Peer leader will be required to teach 2 (6 weeks) sessions per year.

Qualifications: Possess life experience, shows empathy for others, lives with a chronic condition, posses good listening skills and be non-judgmental, be dependable and consistent, must be literate, ability to lead entire workshop (6 sessions, each 2.5 hours in length), time commitment.

Support: A four-day training for this position will be provided. In addition, Salt Lake County training for all new volunteers, and quarterly training. Leader manual and other materials will be provided. The program coordinator is also available for questions and assistance.

Benefits: Your life will be enriched by knowing that you use your knowledge and skills needed to help older adults to manage their chronic conditions to remain independent and living at home. This position will also help you in your own personal goals and stay motivated to improve your health. It will also give you experience that will be useful when looking for employment or to start a new career as you will be a volunteer with the Salt Lake County.