



**SERVICE AREA:** YMCA of Kitchener-Waterloo

**POSITION:** Older Adult Peer Support Volunteer (Y-Guide)

**LOCATION:** A.R. Kaufman YMCA (Kitchener)

**REPORTS TO:** Supervisor of Wellness

**TIME COMMITMENT:** Minimum of 2 hours per week is required (details below)

**START DATE:** ASAP

**PROGRAM DESCRIPTION:**

- Peer support volunteers (Y-Guides) provide social support to wellness participants and older adult YMCA members new to the facility. They will work with the program participants in a way that builds their confidence, connection and comfort at the YMCA. The overall goal is to foster meaningful and positive experiences at the YMCA that leaves the participants with a positive outlook and understanding of health and well-being
- It is an asset that the peer support volunteer is of the same age population as the participant

**SPECIFIC RESPONSIBILITIES:**

- Support older adult participants by increasing positive social connections and comfort level within the YMCA
- Work within the purpose and mission of the YMCA
- Exemplify your commitment to the YMCA's core values
- Be a positive YMCA ambassador in attitude, speech, and appearance
- Promote participation and support in YMCA Wellness programs, fitness classes, and individual conditioning
- Support may include:
  - Meeting for coffee/tea in the café
  - Attending a group fitness class or wellness program together. The Peer Support volunteer provides orientation to class (i.e. how to set up, what to expect, etc.)
  - Attending recreational sports together
  - Meeting to walk the track
  - Maintaining weekly contact via email/phone calls
  - Attend training as requested

**QUALIFICATIONS & REQUIREMENTS:**

- Acceptable Police Record Check – Vulnerable Sector Screening
- Enjoy working with others, be comfortable initiating conversation and including others
- Patient, friendly and fun; comfortable in a non-competitive, inclusive environment
- Have experience communicating with older adults
- Be comfortable participating in the YMCA experience

**SUPPORT & TRAINING:**

- An orientation for this position will be provided by the supervisor of the program (approximately 3 hours) and additionally, YMCA staff will be available for assistance and ongoing support as needed.

**TIME COMMITMENT DETAILS:**

- Maintain relationship with participant by interacting with them on a weekly basis
- Approximately 2 hours a week

**HOW TO APPLY:**

- Please complete the volunteer application attached or online or for additional information, please contact Andrew Brown, Wellness Program Facilitator, 519-743-5201 x 255 or [andrew.brown@ckw.ymca.ca](mailto:andrew.brown@ckw.ymca.ca)

**COMPETENCIES REQUIRED:**

**Communication:** Communicates in a thorough, clear and timely manner to support information sharing.

**Results Oriented:** Has the ability to manage, lead to achieve, and exceed identified goals.

**Relationship Building and Collaboration:** Builds positive interactions, both internally and externally, to build enthusiasm and appreciation to achieve work related goals.

**Tolerance for Ambiguity:** Functions effectively in situations of less than perfect or incomplete information.