

Aster Aging, Inc.

Volunteer Service Description: Assistance for Independent Living Volunteer

Make a difference in the lives of homebound seniors! With your help, our Assistance for Independent Living (AIL) Program will provide over 10,000 hours of assisted transportation, companionship and support to almost 300 older and disabled adults in our community this year.

Volunteer Service Overview: AIL Volunteers are matched one-to-one with older and disabled adult program participants, whom we refer to as “Neighbors”, to assist with their specific needs. The Volunteer has the opportunity to be paired with a Neighbor for a continuing commitment, such as weekly Friendly Visits, or to sign-up for specific episodic needs, such as transporting a Neighbor to a doctor’s visit. The Volunteer is a critical link between East Valley Adult Resources and our homebound Neighbors. Volunteers work under the supervision of the AIL Volunteer Services Coordinator who provides orientation and guidance as needed.

Opportunities Include:

1. **Medical Appointment Rides** – After confirming the appointment and pick-up time directly with the Neighbor, provide assisted transportation to and from the doctor or related medical visit.
2. **Pharmacy Pick-up Rides** – A stop at the pharmacy to pick up a prescription may be needed before returning the Neighbor home after a medical appointment. In other situations, this may be a separate trip.
3. **Grocery Shopping With or For Neighbors** – Many of our Neighbors look forward to the shopping trips not only to purchase needed groceries and household supplies, but also for your companionship. In addition to the ride, Neighbors may need light assistance and help in carrying bags. Others may be physically unable to shop even with assistance, and Volunteers are asked to follow the Neighbor’s shopping list.
4. **Friendly Visits / Caring Calls**– Volunteers are matched with specific Neighbors for companionship. After the initial connection, the Volunteer and Neighbor work out a mutually convenient schedule generally once or twice a month for an hour or two. For some Neighbors, calls instead of in-person visits may work better.
5. **Visual / Business Assistance** – Volunteers are matched with Neighbors who are blind or visually impaired to help with reading or sorting through mail and other documents.

Time Commitment:

- Medical Appointment Rides generally occur during weekday hours, but other opportunities can be scheduled on weekends or evenings by mutual agreement between the Volunteer and Neighbor. The length of time needed with each type of service contact will vary, averaging between one to three hours.
- Volunteers are typically asked to commit to a minimum of two service assists each month for at least six months.

Requirements:

- AIL Volunteers are asked to use their own vehicles for service. Volunteers must sign and comply with the Aster Driving Policy and procedures, which includes having a valid driver’s license, good driving record, a reliable vehicle registered with ADOT, and auto insurance in compliance with ADOT mandatory minimums.
- For Volunteers who provide transportation, physical requirements include the ability to safely assist older adults in and out of a car, which may also include lifting or moving walkers, wheelchairs, etc.
- Minimum age of 25, per insurance requirements.
- Ability to obtain a Level 1 Fingerprint Clearance Card and comply with Aster’s background check policies.
- As we work with vulnerable older adults, Volunteers must agree to the terms of the Aster’s Ethics Policy.
- Dependability is required as our homebound Neighbors count on our assistance. Volunteers are asked to notify the AIL Office in advance if unable to serve on an assigned day so that a substitute can be found.