

Are you interested in improving the experience of elderly hospital patients?



At Thunder Bay Regional Health Sciences Centre, we are looking for volunteers to provide support and companionship for patients enrolled in the [Hospital Elder Life Program \(HELP\)](#) through daily visits, therapeutic activities, walking and/or exercising, and feeding, particularly those who are available for daytime shifts.

HELP is a registered, comprehensive program of care for hospitalized older patients, designed to prevent delirium and functional decline during hospitalization.

HELP volunteers are trained and guided by a HELP Coordinator, who works in conjunction with a Clinical Nurse Specialist, a Geriatrician, a Volunteer Coordinator as well as nurses and other interprofessional staff.

Program Goals include:

- maintaining physical and cognitive functioning of high risk older adults throughout hospitalization
- maximizing independence at discharge
- assisting with the transition from hospital to home
- preventing unplanned hospital readmissions



If you are over 18 and interested in becoming a HELP volunteer, please contact Volunteer Services at 684-6267 or Kelsey Lecappelain, HELP Coordinator, TBRHSC, 684-7042, lecappek@tbh.net to learn more.

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