

## The Benefits of Volunteering

Volunteering is a wonderful way to share your time and contribute to a cause you believe in and are passionate about. It's an opportunity to create a community of significance along the way. You can volunteer at Carewest as an individual, or as part of a service club or group. We value all those who donate their time.

### By joining our team, you can:

- Provide a valuable service to residents and clients, which in turn provides a mutually rewarding experience for you.
- Meet new people and develop new friendships.
- Apply your skills and develop new ones.
- Enhance creativity.
- Create a sense of community among volunteers who share a common interest.
- Inspire others to donate their time and make a difference.
- Add valuable experience to your resume.
- Earn personal references for secondary education.
- Play an important role in helping with fun activities and events.
- Promote personal development in a stimulating environment where there are people with a variety of interests and backgrounds.
- Make a valuable contribution to Carewest through assisting our clients and residents in their social, recreational and spiritual needs.

## Innovative Health Care

Carewest is a leading-edge health care organization that provides long-term care, rehabilitation and recovery services and community programs for adults of all ages.

As Calgary's largest care provider of its kind, Carewest operates 12 locations and several community services aimed at helping people live more independent lives.

## The Calgary Health Trust

The Calgary Health Trust fundraises for excellence in health care and contributes to the quality of life for those served by Carewest. To donate, please call (403) 943-0615 or visit our web site at [www.calgaryhealthtrust.org](http://www.calgaryhealthtrust.org)

Calgary Health Trust Charitable Reg. (B.N.)  
89383 4697 RR0001



[www.carewest.ca](http://www.carewest.ca)

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# Volunteering



## Volunteering at Carewest

Carewest is a public, not-for-profit health care organization that cares for adults of all ages, from 18 to 108. We offer specialized services including rehabilitation and recovery, long-term care for seniors and younger adults, and several community programs.

Carewest volunteers contribute in a meaningful and significant way to the day-to-day lives of many people in our organization, and our unique programs and services continue to grow with new and exciting opportunities for volunteers.

### Carewest. Today.

Your time.

Your choice.

Your community.

## Volunteers of All Ages

Carewest volunteers are like our clients and residents – they're both younger and older adults. Unless you're volunteering in the areas of hospice and palliative care, you can start volunteering at Carewest at the age of 16 years old.

To volunteer with residents and clients receiving hospice and palliative care, you must be 18 years or older and attend a certificate course.

### Volunteer locations

- Carewest Colonel Belcher  
1939 Veterans Way NW
- Carewest  
Dr. Vernon Fanning  
722-16 Ave. NE
- Carewest George Boyack  
1203 Centre Ave. NE
- Carewest Glenmore Park  
6909-14 St. SW
- Carewest Garrison Green  
3108 Don Ethell Blvd. SW
- Carewest Royal Park  
4222 Sarcee Rd. SW
- Carewest Sarcee  
3504 Sarcee Rd. SW
- Carewest Signal Pointe  
6363 Simcoe Rd. SW
- Carewest Nickle House  
950 Robert Rd. NE
- Carewest Rouleau Manor  
2208 2nd St. SW

## Opportunities

Volunteers actively participate throughout Carewest by assisting in activities and services such as:

**Community outings** – includes bus trips to the mall, restaurants, the zoo, or seasonal adventures like Christmas light tours. Volunteers can also help residents and clients attend doctor or professional appointments on a Carewest bus or Handibus.

**Site activities** – includes a variety of site-based activities such as sing-alongs, gardening, games, arts and crafts, ceramics and many more.

**Hospice or palliative care** – volunteers interested in hospice or palliative care will receive the required training to help in these areas.

**Volunteer initiatives** – includes helping in areas such as our gift shops, library services and with special events.

## Caring people ... the key to our success

As a volunteer at Carewest, you are a part of a much larger team. Whether you want to work directly with residents or clients or contribute your time and talents in other areas, we will strive to match your interests to a Carewest volunteer opportunity.

Together with our staff, you will help enhance the lives of our residents and clients through the many programs and services we provide.

### Contact Us

For more information about volunteering at Carewest, visit [www.carewest.ca](http://www.carewest.ca) or phone 403-943-8164, fax 403-943-8179, or email [carewest.hr@albertahealthservices.ca](mailto:carewest.hr@albertahealthservices.ca)