



Volunteers make a difference

 **Carewest**
INNOVATIVE HEALTH CARE

Volunteering at Carewest

As a volunteer at Carewest, you will be joining an organization that holds its volunteers in high regard and is truly grateful for your gift of time and energy. Whether you want to work directly with residents or clients, or whether you are part of a group that wants contribute their time and talents in other areas, we will strive to match your interests to a Carewest volunteer opportunity.

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

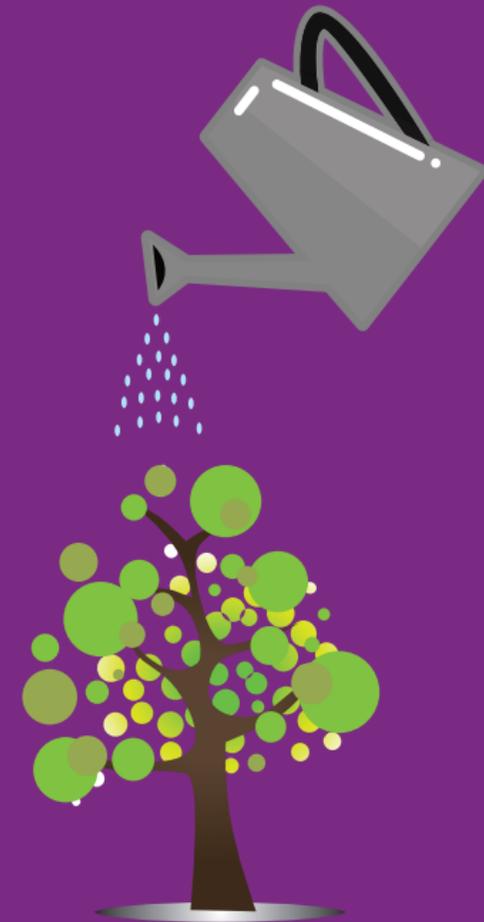
Our commitment to all our volunteers is that we will provide everyone with ongoing support and encouragement so that our volunteers may experience the reward and fulfillment that comes from supporting our residents, clients and their families.



Why make a difference at Carewest?

Together with our staff, Carewest volunteers help enhance the lives of our residents and clients through the many programs and services we provide. You assist us in providing an extra pair of hands, a listening ear or a warm touch that contributes to our residents' and clients' quality of life. By joining our team, you can:

- Meet new people and develop new friendships.
- Apply your skills and develop new ones.
- Team-build with your group or organization and promote personal development.
- Create a sense of community among volunteers who share a common interest.
- Add valuable experience to your resume and earn references for future endeavours.
- Make a real difference in the lives of our residents and clients, which in turn provides a mutually rewarding experience for you.



Three hands of different skin tones (light, medium, and dark) are raised in the air, symbolizing volunteerism and community support. The hands are positioned on the left side of the page, with the tallest hand in the center and two shorter hands on either side.

Volunteer Opportunities

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. 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 Access Calgary.

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

Palliative care – volunteers interested in palliative care will receive the required training to help in this area.

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

Programs and Services

Carewest operates many programs and services that cover a range of care including long-term care, rehabilitation and recovery services, and community programs. Those programs include:

Complex Care – for frail seniors who require the care of an interdisciplinary team to maintain and improve quality of life in safe, comfortable and supportive environments.

Neuro Rehab – for adults who have had a neurological injury, such as a stroke, and require additional assessment, recuperation and rehabilitation before returning to the community.

Dementia Day Programs – available to older adults with dementia, who could benefit from social interaction, community activities and whose families would benefit from respite services.

Comprehensive Community Care (C3) – a unique, long-term maintenance and support program for seniors who live in Calgary. Care is provided through a medical health clinic, day program, home support, transportation, access to respite beds and emergency response phone system.

View all our programs at carewest.ca to see if any are right for you.



Who we are looking for

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.

- Friends and family members
- Corporations and corporate social responsibility programs
- Schools, churches and other groups
- Retirees
- Current staff
- Students
- Community neighbours





Our vision and values

Vision: Carewest: leaders in exceptional care, supporting those who need us most.

Values:

Caring: We care about all individuals.
We see the qualities that contribute to the whole person and honour them with kindness, respect and dignity.

Relationships: We are stronger together.
We gain a better understanding of our clients and each other by listening as well as sharing.

Learning: We are open to change and we encourage new ideas and thinking.
We learn from evidence, experience and each other.

Responsibility: We lead with integrity and accountability.
We are responsive to our clients, and are trusted to use resources wisely.

What people are saying about volunteering with Carewest



Being part of something so positive was uplifting. I felt excited to come back.

~ Amanda Pearson
Carewest George Boyack



It's a good atmosphere. The staff are always friendly and the clients are great.

~ Lorn Howes
Carewest Garrison Green



It brings me joy because the people look forward to me being here.

~ Lillian Lyttle
Carewest Signal Pointe

Our Locations

 **Carewest Colonel Belcher**
1939 Veteran's Way N.W.

 **Carewest C3 Beddington**
8120 Beddington Blvd N.W.

 **Carewest Rouleau Manor**
2206 2nd Street S.W.

 **Carewest Dr. Vernon Fanning**
722 -16 Avenue N.E.

 **Carewest Royal Park**
4222 Sarcee Road S.W.

 **Carewest OSI Clinic**
Suite 203, 3625 Shaganappi Tr. N.W.

 **Carewest George Boyack**
1203 Centre Avenue N.E.

 **Carewest Sarcee**
3504 Sarcee Road S.W.

 **Carewest Glenmore Park**
6909 -14 Street S.W.

 **Carewest Signal Pointe**
6363 Simcoe Road S.W.

 **Carewest Garrison Green**
3108 Don Ethell Blvd. S.W.

 **Carewest Nickle House**
950 Robert Road N.E.



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 13 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 helps ensure the quality of life for those served by Carewest. To donate please call 403-943-0615 or visit www.calgaryhealthtrust.org

carewest.ca/volunteer

