

# Support Group Facilitator

## Volunteer Position Description

Support Group Facilitators create a safe, open environment where people share their feelings, thoughts and experiences in a combined effort to better cope with and manage the shared problems of dementia.

- Key Activities:**
- Facilitate groups of caregivers or people living with dementia to provide social and educational support helping group members provide emotional support to one another.
  - Present pertinent Association materials and information to group members and assure a positive experience for attendees.
  - Connect people with additional Association services and volunteer opportunities by proactively making referrals to Alzheimer's Association programs & free 24/7 Helpline.

- Qualifications:**
- Strong listening and effective communication skills with demonstrated ability to be empathic and separate personal needs from group needs.
  - Ability to redirect and facilitate discussion as well as fulfill the Facilitator duties and responsibilities as described in onboarding.
  - Ability to create and maintain a safe environment where participants' thoughts and feelings are valued and group members are treated with fairness, equity and respect.
  - Passionate about the Alzheimer's Association mission with personal or professional experience with dementia preferred.
  - Must be age 21 to apply. Background checks are required.

- Commitment Expected:**
- Support Group Facilitators commit to a 1-year term delivering a monthly group.
  - All program volunteers participate in initial training and ongoing education and must comply with Alzheimer's Association volunteer policies and procedures.
  - Terms are renewable upon successful completion of annual goal-setting conversation with your staff partner.

- Benefits to the Volunteer:**
- Perfect your active listening and group management technique while serving your community.
  - Increase your knowledge of Alzheimer's disease and other dementias.
  - Be recognized as a leader and resource for Alzheimer's disease and dementia.
  - Join a network of other volunteers, staff and community leaders to help create a world without Alzheimer's and all other dementia.

The Alzheimer's Association will provide training, information and electronic or printed materials to assist in your efforts. Orientation includes several hours of online learning, self-study and shadowing or mentoring by local Alzheimer's Association staff and volunteers. Some materials are available in multiple languages.

To apply to become a Support Group Facilitator, visit [volunteer.alz.org](http://volunteer.alz.org).

Revised August 2020