

CapitalCare Foundation
Adopt a Grandparent Program
Volunteer Description: Grandparent Pal

Position Title: Grandparent Pal

Program: Adopt a Grandparent

Location: CapitalCare Centres and/or online

Purpose:

The Grandparent Pal's role aims to combat seniors and residents' isolation and loneliness by sharing time and companionship. Grandparent Pals provide friendship directly with seniors and residents, enhancing their quality of life.

Key Responsibilities:

- **Companionship:** Regularly communicate with your “Grandparent” to provide companionship and social interaction.
- **Activities:** Engage in various activities such as conversations or any other agreed-upon activities that both the “Grandparent” and “Pal” enjoy.
- **Feedback:** Report any concerns or observations to the program coordinator to ensure the well-being of the “Grandparent” and yourself.

Qualifications:

- **Compassion:** A genuine desire to help and support seniors and residents.
- **Communication Skills:** Strong interpersonal and communication skills.
- **Background Check:** Willingness to undergo a background check as required by the CapitalCare Foundation.
- **Orientation Sessions:** Completion of any required session provided by the program.

Time Commitment:

- 6 month weekly commitment of 1 hour per week.
- Flexibility to accommodate the “Grandparent’s” schedule and needs.

Benefits:

- Personal Fulfillment: Make a meaningful difference in the life of a senior and/or resident.
- Skill Development: Enhance your communication and interpersonal skills.
- Community Involvement: Be an active part of your community and build intergenerational connections.
- Friend for Life: Receive a friendship that can last a lifetime.

How to Apply:

- Interested individuals can apply through the Grandparent Pal online application form on the CapitalCare Foundation website under Adopt a Grandparent

Contact Information:

Grace Tam

CapitalCare Foundation

Phone: 306-850-7365

Email: ccfoundation@capitalcare.net

CapitalCare Foundation

Address: 2100, 10004 104 Street

Phone: 587-782-3727

<https://www.capitalcarefoundation.net/home/adopt-a-grandparent/>