

Circles of Support – Volunteer supporting people living with dementia

Volunteers will support people living with mild dementia who live in their own homes.

About Circles of Support

A Circle of Support is a group of people who provide support to an older person to enable them to think about what they would like to do in their life and how to bring about any changes. The group can include family members, friends, volunteers and professionals; whoever the person identifies as key people in their life. One person is typically identified as the key person to help coordinate the group and ensure that the person who needs the support is at the centre of the discussions. This is normally the Project Worker at MAECare.

What is the Aim of Circles of Support?

The aim of Circles of Support with a person living with dementia is to improve their well-being by increasing their social network and so prevent illness, isolation and loneliness. It aims to support and help people to live in their own homes for as long as possible. Circles is also beneficial for carers as they feel supported and less alone.

Aims of the Role

A volunteer working with the Circles of Support will support people living with dementia who live in their own homes. This may involve supporting a person to keep doing activities they enjoy such as going for walks or starting new activities provided by MAECare or other organisations in the local community. This could be an activity such attending a coffee morning, playing Chess to an exercise class. The volunteer would accompany the person so they can keep doing what they enjoy and can feel secure knowing someone else is with them. Some people living at home with a partner/family carer need a volunteer to accompany them on an activity which then provides their carer(s) with a break from caring for a short time.

Time Commitments

A volunteer would be matched with a person living with dementia and would see them regularly, at least once a month.

Volunteers

Should have an ability to understand and support older people who have memory loss.

Be willing to attend any training as necessary.

Practical Considerations

A reasonable level of mobility is required for volunteers who will be assisting people living with dementia.

A DBS check may be required for some volunteering roles.