



*& The Valor Institute
for Palliative Medicine*

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Volunteer Team Opportunities

Volunteer with Valor HospiceCare by simply contacting our Volunteer Coordinator. Opportunities are available at all of our locations—please call the office nearest you.

*Providing the Gift of Peace,
Comfort and Dignity*



TUCSON METRO

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Hospice Volunteer— Is it Right for Me?

The decision to become a hospice volunteer requires careful consideration. Following is a list of questions to help you determine if hospice volunteer work is right for you.

1. Do I enjoy working as part of a team?
2. Can I sit quietly with someone without feeling the need to say something?
3. Do I have a sense of humor as well as compassion?
4. Do I feel OK about others' lifestyles and cultures if they are different from my own?
5. Am I willing to accept other peoples' ways of doing things, such as when helping in their kitchen?
6. Have I come to terms with my own mortality? How do I feel about my own end of life?
7. Do I feel OK about saying "no" to a request for my time?
8. Do I enjoy learning?
9. Do I feel OK about others' views about death and dying if they are different from my own?
10. Do I enjoy meeting other people?

If you answered "yes" to these questions, you may make a wonderful addition to our Volunteer Team. Please contact our local Volunteer Coordinator listed for your area on back of brochure.

Hospice Volunteers Needed

Each volunteer brings his or her own unique talents and experience to those we serve. As a member of our hospice care team, you are indispensable. We appreciate any time you can give—there is no minimum requirement.



You Have the Opportunity

—**To provide comfort and support for patients and their loved ones.** Offer friendship and companionship with each visit. Provide emotional support and compassion. Read to them. Write their memoirs. Provide respite (free time) to the caregiver.

—**To rescue a garden.** Bring your caring hands into the garden or tend houseplants which are often neglected when illness strikes.

—**To provide support services.** Help our Bereavement Care Coordinators, Medical Social Workers and Spiritual Care Providers with hospice grief support groups. Assist with memorial services and mailings to the bereaved. Learn to be a comfort to those going through a difficult time, including your own friends and loved ones.

—**To provide your talents.** In music and other alternative therapies. If qualified to provide these therapies, we welcome your ideas for expanding our services.

—**To do administrative work and community outreach.** Valuable for your resume! Your clerical skills are greatly needed to help with tasks in the hospice office. You can help educate the community about hospice benefits and philosophy.

You are Trained

Each Valor HospiceCare volunteer who will make home visits is carefully trained in our program that exceeds standards:

- The history, philosophy and goals of hospice care.
- The support and comfort of the patient and family.
- The concepts of death and dying.
- The spiritual and emotional needs of patients and families as the end of life nears.
- Dealing with issues of loss, including our own.
- Elder care and community resources.
- Medical signs and symptoms of terminal illness and end of life.
- Spiritual and emotional care for yourself.
- Ethics and legal issues.
- Communication and listening skills.
- Cultural diversity and family dynamics.
- Safety, HIPAA and confidentiality.

Additional training levels are offered:

- Fast-track training program for volunteers who have provided services with other qualified hospices.
- Job-specific training for administrative work and community outreach.

Classes are being formed now!

You Also Receive

Ongoing training. Regular in-service training provides you with additional skills and knowledge. We work hard to hold classes at your convenience.

Ongoing support. As a valued member of the Valor HospiceCare team, we are available to discuss questions that may arise from your volunteer experience. Volunteer support activities are planned throughout the year as well.

Personal fulfillment. You are making a difference in someone's life. Many volunteers speak of the joy it brings them to help others.

Experience for your resume. The work you do as a hospice volunteer is valuable experience that can help you in a future job search. We will be glad to be a reference for you.

The chance to discover more about yourself. As you grow in your volunteer work, you will expand your horizons.



The chance for spiritual growth and action. You will be able to actively live your faith and values.

If you, or someone you know, would like additional information about our services, please call toll-free at **877.615.3996** or visit our website at www.valorhospicecare.com.

Donations are accepted through a partnership with the non-profit Southwest Hospice Foundation, qualified as a public charity under section 501(c)(3) of the Internal Revenue Code. All donations to the Southwest Hospice Foundation are tax deductible to the full extent allowed by law. For further information, please visit www.swhospicefoundation.org.