



Are you looking for a rewarding volunteer opportunity?

Become an

ALZ Companion!

Time requirement:

Minimum 6-month commitment; approximately 4 hours per week.

Qualifications:

- Excellent personal skills
- Caring and patient
- Experience working with persons with dementia a plus, but not required.
Training is provided.

Companion Volunteers provide in-home breaks to caregivers in the form of social visits with their loved one who has Alzheimer's disease. Volunteers do not help with any physical or personal care.

Volunteers spend time with individuals who have dementia & provide:

- **Companionship** – encouraging reminiscing about the past or enjoying a movie together.
- **Socialization** – engaging in activities such as games, listening to music or gardening.
- **Supervision** – ensuring their safety while their caregiver is absent.

To learn more, contact:
Adrianna McCollum
858.966.3296

Give a family the gift of time!