



# Looking for a rewarding volunteer opportunity?

*Become an*

# ALZ Companion!

## **Time requirement:**

Approximately 4 hours  
per week.

## **Qualifications:**

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

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**To learn more, contact:**  
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**Companion Volunteers** provide vital in-home breaks to caregivers. Volunteers commit to spending time with the person living with dementia, and are not help with any physical or personal care.

## **Volunteers spend time with a person living with dementia to provide:**

- **Companionship** – being a friend, whether it's through watching a movie or reminiscing about the past.
- **Socialization** – engaging in activities such as playing games, listening to music or gardening.
- **Supervision** – ensuring their companion's safety while the caregiver is out of the house.

**Give a family the  
gift of time!**

## Why become an ALZ Companion?

### Benefits of Volunteering:

1. You may receive a letter of recommendation upon successful completion of the program.
2. You will have the opportunity to learn about Alzheimer's disease and other dementias first-hand.
3. You will be part of a locally-recognized and acclaimed nonprofit serving the many needs of people living with dementia.
4. You will have the opportunity to challenge yourself and grow.
5. You will acquire new skills and experience and make new contacts.
6. Your volunteer experience will help inform choices for a future career.



### Volunteer Feedback:

“Today Joanie and I did our weekly chair yoga and did some coloring in our coloring books! She was very excited to see me when I arrived and hugged me right away. When I left, I told her I would see her next week, and she seemed excited for our visit!” -Catherine

“Peter and I worked on the bird feeders, potted and watered the plants. We also had a fantastic lunch that Peter really enjoyed. Can't wait to go back next week!” -Tomas

“I am very thankful and I appreciate the time you're taking to write me a letter of recommendation. I am so happy and enthusiastic to hopefully begin my next part of my journey :)” -Jonathan

“I wanted to thank you for everything you do at the Alzheimer's San Diego and for allowing me to be a part of it. The woman who interviewed me for my new job said that she looked through hundreds of résumés and the reason she noticed mine and called me in for an interview was because of my involvement with Alzheimer's San Diego. She said that she is a caregiver for her father who has Alzheimer's and it hit home for her that I volunteered.” -Melissa

“I enjoyed getting to know the family and forming a genuine companionship. It truly was like I gained a second family. The relationships that developed through this program are life-changing. I think this is an incredible program, and an absolutely fulfilling experience for anyone. Thank you so much for all your hard work! I have loved every second of being a companion.” -Randi

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