

ALZ Companions Intern

Time Requirements: Minimum six-month commitment; approx. five hours per week

Reports to: Volunteer & Respite Program Manager

Status: Unpaid

General Summary:

ALZ Companions Interns provide in-home support to caregivers of individuals with Alzheimer's disease or a related dementia. Interns provide companionship, socialization and supervision for individuals with dementia, allowing their caregiver to enjoy a break. Interns do not help with any physical or personal care.

Objectives (85 hours total):

- Be a companion to an individual living with dementia – 70 hours
- Attend education classes – 3.5 hours
- Help with a social activity – 1.5 hours (or attend additional education class)
- Work on a project – research, activity or Programs assistance – 10 hours
- Submit thoughtful visit reflections/reports throughout course of internship
- Receive a certificate of completion; may receive a letter of recommendation

Responsibilities:

- Follow policies and procedures set forth by Alzheimer's San Diego
- Maintain professionalism and reliability, recognizing interns represent Alzheimer's San Diego to the community
- Provide companionship to the client, including conversing, reading, taking walks and watching movies
- Work with the care partner and client to identify appropriate activities that will be enjoyable
- Stay alert to changes in the condition of the client
- Ensure safety at all times
- Pay attention to and follow specific instructions as provided by the primary care partner, unless inappropriate

- Have the ability to handle an emergency situation and know when to contact the proper authorities, such as 911 or Alzheimer's San Diego staff
- Submit weekly visit logs in order to document activities or changes in the physical or mental condition of the client or primary care partner
- Regularly communicate with Alzheimer's San Diego staff

Skills & Qualifications:

- Excellent interpersonal skills
- Caring, patient and compassionate
- Ability to respond to an emergency situation without panic
- Experience working with persons with dementia a plus, but not required

Requirements & Training:

- TB test (intern's expense)
- Background check (Alzheimer's San Diego expense)
- Complete paperwork
- Complete training program
- Experiential, if applicable